Our Favorite Recipes

Published by

MONDAY AFTERNOON CLUB

BAGUIO CITY PHILIPPINES

1963

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FOREWORD

Monday Afternoon Club of Baguio was founded in 1933 by Americans living in the Philippine Islands. Now it is a cosmopolitan women's club, still predominately American, devoted to charitable aid to Filipinos in a number of widely differing ways.

It was thought that the favorite recipes of such a group of women would be unique in their international derivation, and would be of wide interest, whilst the sale of the book would bring in much needed money for the charitable projects.

Because of the wonderful success of the first edition in 1963 of the cookbook called "Our Favorite Recipes" the women of the Monday Afternoon Club are revising it and including some new recipes. Monies from the sale of this new edition will again be used for charitable projects.

Some of the recipes have been contributed by friends of members generously giving the club their well-tried favorites. A few of the recipes are similar but none is exactly the same as another. The result varies slightly to suit different tastes.

To make the book readily understood by all, the editors have included a table of metric, avoirdupois and other equivalents, a glossary of foreign words and hints on adjusting quantities for altitude.

We in the Philippines wish you all

GOOD COOKING!

HORS D'OEUVRES

"A hundred men may make an encampment, but it takes a woman to make a home." — *Chinese Proverb*

CLAM DIP

1 garlic clove, cut in half
1 8 oz. package cream cheese
3 tbs. clam broth or juice
1 7 oz. can minced clams (drained)
2 tsp. salt; dash pepper

Serve with potato chips.

Florence A. Loveles

AVOCADO DIP

1 cup mashed avocado
3 tbs. lemon juice
1 tsp. finely chopped onion
1 tsp. salt
Dash of Worcestershire sauce

Serve with potato chips.

Florence A. Loveles

BLUE CHEESE DIP

2 3 oz. pkgs. Cream Cheese
2 tbs. blue cheese
2 tbs. canned milk
2 tbs. mayonnaise
2 cloves garlic
2 tbs. butter

Blend cheese until smooth, adding all ingredients. Chop the garlic very fine and add to the creamed dip.

Cecilia Jenson

CREAM CHEESE DIP

Use 1 lb. or so of yellow cheese or use cream cheese. Melt cheese. Add a little milk if necessary. Add garlic juice, and ½ pkge. French's onion soup mix, parmesan cheese, hot peppers. Squeeze the juice of a ripe tomato in it. Chop pimientos and mix well. Keep warm over chafing dish. Serve with crackers or chips.

Madge Melton

BOSTONIAN SPREAD

1 can red kidney beans
¼ cup tomato catsup
½ cup chopped walnuts
3-4 drops Tabasco sauce
½ tsp. salt

Mash kidney beans and mix with all remaining ingredients. Chill and serve on crackers.

Vernell Williams

COCKTAIL SAUSAGES (100 balls)

4½ lbs. pork or hamburger
1 tsp. Worcestershire Sauce
1 onion
Parsley
Salt
Pepper

Make little balls and put in boiling water. Boil gently. When done pour in pan with sauce and serve.

SAUCE

2 lbs. brown sugar
½ bottle Malaga wine (sweet wine)

Let soak all day. Put balls on toothpicks along with a sprig of parsley.

Madge Melton

COTTAGE CHEESE DIP

2 boxes cottage cheese
½ pkge. Lipton onion soup
Parmesan cheese
Cucumber
Garlic
Bell pepper
Hot pepper
Tabasco

Blend cottage cheese in mixer. Add very finely chopped garlic, cucumber, bell pepper, hot pepper, in proportion desired. Add onion soup and hot sauce and sprinkle with cheese. Keep in chafing dish. Serve with crackers or chips.

Madge Melton

ONION — CHEESE COCKTAIL TREAT

Crisp crackers or toast
Onion
Mayonnaise
Soft sharp cheese

On a crisp cracker or a round of toast, spread a soft sharp cheese. Place one onion ring on each and a large dab of mayonnaise. Put in a hot oven a few min. until mayonnaise is bubbling slightly.

CURRIED COCONUT

In shallow baking pan, toss 1 cup flaked coconut and one tsp. curry powder. Spread in pan, then bake at 350°F. 8-10 min. or until golden. Adds oriental flavor to cold meat or vegetable salads.

SAUTEED COCONUT

Have guests dip pineapple chunks first in sour cream, then in these coconut flakes.

In skillet, melt 1 tbs. butter or margarine; add one cup flaked coconut. Saute until golden, stirring occasionally.

GARLIC TOASTED COCONUT

Served in small bowls to accompany hot chicken or shrimp curry.

In shallow baking pan, toss 1 cup flaked coconut and 2 tsp. bottled Italian salad dressing. Spread in pan and bake at 350°F. 8-10 min. or until golden.

Fay Sawyers

HOT STUFFED PRUNES

Steam prunes until tender. Remove pits. Fill each prune with a stuffed olive. Wrap in a thin slice of bacon and fasten with a toothpick. Bake in a hot oven (450°F.) until bacon is crisp. Remove toothpicks, insert fresh ones. Serve hot.

Eleanor Chambers

GRILLED TOMATO & CHEESE

Toast rounds of bread the size of tomato slices. Spread with butter, top with tomato rounds. Add salt, pepper and oregano, garnish with cheese and grill and serve hot.

Cecilia Jenson

BACON PINWHEELS

3 ounce pkg. cream cheese (about 1/3 cup)
2 tbs. cream or milk
½ tsp. onion juice
⅛ tsp. salt
6 slices (¼" thick) fresh bread
6 slices bacon

Soften cream cheese with milk or cream; add onion juice and salt. Spread on the very thin slices of bread from which crusts have been removed; roll tightly, jelly-roll fashion.

Wrap each roll in bacon and fasten with 3 or 4 toothpicks; chill in refrigerator.

Just before serving, cut each roll in 3 or 4 slices, place bacon side up on wire rack in shallow pan and bake in a hot oven (400°F.) until bacon is crisp and browned.

Remove toothpicks, insert fresh ones and serve hot. Makes 1½ to 2 dozen hors d'oeuvres.

Eleanor Chambers

DEVILLED HAM PUFFS

½ lb. pkge. cream cheese
1 tbs. onion juice
1 tsp. prepared mustard
2 2½ oz. cans of deviled ham
½ tsp. baking powder
36 bread squares
Salt to taste
1 egg yolk

Blend cream cheese, onion juice, baking powder, mustard, egg yolk and salt. Toast the bread squares on one side. Spread the untoasted side with devilled ham. Spread cheese mixture on top of the devilled ham and the sides of the bread squares. Place on a cookie sheet and bake at 375°F. for about 12 min. or until puffed or lightly brown.

Frances Sullivan

CHEESE BALL

1 jar sharp cheese
1 jar Roquefort cheese
1 jar garlic cheese
1 - 3 oz. pkg. cream cheese
1 - 3 oz. pkg. pimiento cream cheese
½ tsp. soy sauce
1 tbs. Worcestershire sauce
1 tbs. chopped green onion

Mix with electric mixer. Roll into ball, then roll in chopped walnuts.

Jean M. Boitano

CHEESE BALLS

2 oz. grated cheddar cheese
1 oz. flour
1 egg
Salt and pepper
Cayenne
Frying fat

Mix the cheese, flour and yolk of egg together, add pinch of salt and pepper, and cayenne to taste, then whisk the white of egg to a stiff froth and stir lightly into the rest of the ingredients. Have ready a deep pan of hot fat, drop in the mixture in tsp. and fry until nicely browned. Drain well, and dish in a pyramidical form on a folded napkin or paper towel.

Lenore Callow

CHEESE BREAD STICKS

Cut each slice of bread into 5 sticks. Brush with melted butter and roll in a mixture of Parmesan cheese and sesame seeds. Bake until golden brown, turning sticks over so that all sides will evenly brown. Store in freezer if desired. Delicious when served hot from the oven.

Helen Cupps

COCKTAIL HUSH PUPPIES

1 cup flour
1½ tsp. baking powder
1 tsp. salt
2 tbs. shortening
2/3 cup yellow corn meal
1 slightly beaten egg
¾ cup milk
8-10 franks, each cut into about 10 pieces

Sift together flour, baking powder and salt. Stir in corn meal. Cut in shortening until mixture resembles fine crumbs. Combine egg and milk; add to corn meal mixture, stirring until well blended. Insert small skewer or piece of split bamboo into the end of each frankfurter piece. Then spread meat evenly with batter. Fry in deep fat until brown. Serve as an appetizer with hot mustard or catsup dip.

Betty Ploesser

LIVERWURST MOLD

Part I

1 envelope Knox gelatin dissolved in ¼ cup cold water.
1 cup beef bouillion — heated to boiling, add to gelatin. Put in mold and set.

Part II

1 small pkge. smoked liverwurst
1 large pkge. cream cheese
Mix all ingredients in Part II.

1 tbs. grated onion
½ pt. sour cream

Part III

1 pkg. Knox gelatin mixed in a little cold water, then add 1 cup boiling water — cool. Mix Part II and Part III, then pour into mold combining with Part I. Serve with party rye bread.

Jean M. Boitano

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PARTY CRAB MEAT DIP

2-8 oz packages of cream cheese
1/3 cup mayonnaise
1½ tsp. prepared mustard
3 tbsp. sauterne wine
4 tsp. powdered sugar

½ tsp. salt
¼ tsp. garlic salt
½ tsp. onion salt
2-6 oz. cans crab meat

Combine all except crab meat and heat until well blended. Stir in crab meat and pour into chafing dish.

Mary C. Chrismon

CORN MEAL CRISPS

1 cup yellow corn meal
½ cup sifted white flour
½ tsp. salt
¼ tsp. soda
2 tbs. melted butter
1/3 cup milk

Sift together corn meal, flour, salt and soda, and mix in shortening and milk. Knead on lightly floured board until mixture just holds together. Break off small marble size pieces and roll out into very thin. 4 in. rounds. Leave edges ragged. Bake on an *ungreased* cookie sheet until golden brown — about 15 min. at 350°.

When ready to serve brush with melted butter and sprinkle with salt. This recipe makes about 20 crisps. Very good with broiled or fried fish. Also good with any of the cocktail dips — onion, cheese, avocado, shrimp, etc.

Judy Davidson

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OLIVE BITES

25 pitted ripe olives or green stuffed
2 to 3 tbs. finely minced green onion
4 oz. sharp cheddar cheese (about 1 cup, grated)
½ cup sifted flour
¼ tsp. salt
⅛ tsp. dry mustard
3 tbs. butter or margarine, melted and slightly cooled
1 tsp. milk
1 or 2 drops Tabasco sauce

Stuff ripe olives with onions or slice of almond and set aside. Sift flour, salt and mustard into a bowl. Mix in the cheese. Stir in a mixture of butter or margarine. Mix in Tabasco sauce. Use about 1 tsp. of dough for each olive. Shape dough around olives, completely covering them. Place on baking sheet. Bake at 400°F. 10 to 12 min. Makes 25 Olive Bites.

Kate C. Reed

SWISS FONDU

Shred ½ pound Swiss cheese, preferably imported; dredge with 1½ tbs. flour. Rub earthenware casserole well with clove of garlic. Pour 1 cup light dry white wine into pan; set over low flame. When air bubbles rise to surface, *before* boiling point, stir with fork and add cheese by handfuls; dissolve each handful before adding the next. Stir until mixture starts bubbling lightly; add salt and pepper to taste and a dash of nutmeg if desired. The above preparation can be done much ahead of serving time in the top of the double boiler and kept warm over the boiling water, then transferred to the casserole for serving. When ready to serve, stir in 3 tbs. Kirsch; mix thoroughly.

To serve: Keep fondu bubbling lightly. Spear bite-size piece of French bread with fork, dunk bread in fondu with stirring motion and eat. Each guest dunks his own bread in the fondu. If fondu becomes too thick stir in a little preheated wine. Keep heat low when, towards the end, the melted cheese forms a brown crust, a special delicacy, at bottom of the utensil. Makes 4 servings.

This can be served as an hor d'oeuvre for a cocktail party. Or, it is a good luncheon dish, served with a fruit salad. Or, it is a good supper dish served with slivered beef on skewers, fried in deep fat with meat sauces for the beef, fruit salad and a light dessert.

Marjorie Jones

MEAT BALL HORS D'OEUVRES

2 lbs. round beef ground twice
1 lb. pork tenderloin
6 eggs beaten
2 tsp. salt
1 tsp. thyme
¼ tsp. garlic salt
½ cup salad oil
¼ tsp. pepper
¼ cup flour

Mix all ingredients and shape into balls. Brown in skillet with salad oil. Add, for sauce:

3 tbs. flour
2 cans consomme
1 tbs. bottled gravy sauce
¾ cup sherry

EMPANADAS

Make up your flakiest pie crust recipe; chill until used.

½ lb. finely chopped meat, either beef or pork
3 med. onions
1 ripe tomato
2 green peppers
1 clove garlic
1 tsp. sugar
Chilli pepper sauce or chilli powder (filling should be hot)
1 tbs. flour
Salt to taste

A small stuffed olive for each empanada or chopped hard boiled eggs are optional, but they add greatly to the flavor.

Chop vegetables very fine and fry in a little salad oil until well cooked. Add meat, seasoning and flour. Stir and cook 15 min.

Cut chilled pastry into small pieces. Roll into thin rounds. Place a spoonful of filling on each round with an olive. Wet edges of pastry with a little cold water. Fold over and press with wet fork.

These empanadas may either be baked in a hot oven (400°F.) or fried in deep fat. The oven is usually preferred. Brush with beaten egg after baking.

These are little meat pies used for the cocktail hour. Larger ones can be part of the regular meal.

Madge Melton

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CURRIED SHRIMP

2 cups medium white sauce
2 tblsp. tomato catchup
1 tsp. curry powder or to taste
¼ cup sherry wine or to taste
1 lb. cooked shrimp

Combine white sauce and other ingredients, add shrimp. Heat thoroughly (do not boil) and serve with steamed rice, slivered almonds, chutney and currants. Serves 4.

To stretch this recipe, use larger amounts of white sauce and seasonings to 1 lb. of shrimp and chop the shrimp into large pieces.

Liz Buchak

FRUIT COCKTAIL

½ cup each of any four fruits, diced
1 cup ginger ale
4 sprigs mint
Confectioners' sugar

Combine fruits and chill. Pour iced ginger ale over the top just before serving. Garnish with a sprig of fresh mint sprinkled with confectioners' sugar. Serves 4.

Kay White, UCCP

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SMOIREBRAD
(Hors D'oeuvres)
(Danish Open-face Sandwiches)

Anchovy and Egg

Slice hard-cooked egg very thin. Lay one or two slices on each slice of buttered bread. (Trim the bread.) Clean and bone anchovies. Cut the fillets in two, lengthwise. Use as border on the egg sandwich, or criss-crossed on it. Garnish with finely minced parsley.

Natia Ellington

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SHRIMPS AND MAYONNAISE

Cut long loaves of French bread crosswise in thin slices. Spread with butter. (Do not trim crusts off this bread.) Put finely minced and seasoned cooked shrimps around the edge of each slice of bread. Fill the center with generous amounts of mayonnaise. Add a garnish of minced lettuce.

Natia Ellington

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BANANA COCKTAIL

Diced banana
1 tblsp. tomato sauce
½ tblsp. vinegar or lemon juice
1 tsp. finely chopped celery
½ tsp. Worcestershire sauce
salt to taste

Mix ingredients, chill and serve in cocktail glasses, or in scoopedout green peppers.

Connie Mount

PICKLED SHRIMP

2½ pound shrimp
3½ teaspoon salt
½ cup celery tops
¼ cup mixed pickling spices
1 pint onions, sliced
7 or 8 bay leaves

Cover shrimp with boiling water, add all remaining ingredients except onions and bay leaves. Cook 10 minutes. Alternate layers of shrimp and onion in dish. Add bay leaves.

Marinade:

1½ cup salad oil
¾ cup white vinegar
1½ to 2½ teaspoon salt
1½ to 2½ teaspoon celery seed
1½ to 2½ tablespoon capers and juice
1 to 2 drops tabasco sauce

Combine above ingredients and pour over shrimp and onions. Cover and refrigerate for at least 24 hours.

Note: The ideal container for this recipe is a Tupperware with lid that snaps tight (or any other plastic container with lid.) This enables you to turn container upside down every few hours so that shrimps are thoroughly marinated.

Helen Cupps

SOUP, SALAD AND DRESSINGS

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients and mix well together"

— *Spanish Proverb*

FROZEN GREEN PEA SOUP

2 pkgs. frozen green peas
2 cups milk or 1 cup milk and 1 cup cream
2 tsps. sugar
1 tsp. salt
2 tbs. butter

(optional—1 to 2 tablespoons grated onion which I usually saute.)

Cook peas with sugar and salt according to instructions and save all juice. Cool and put through blender. Add milk and or cream to blended mixture. Saute onions in butter and add to mixture. Sometimes I use a little garlic salt too. Stir over low heat for a half hour or so to help improve flavor. This will add a lovely color to your table for your soup course.

Helen Cupps

HEROLD POTATO SOUP

4 stalks celery cut fine
2 medium sized onions cut fine
3 medium sized potatoes cut in ½ inch cubes

Boil each of the above separately in water to cover. Do not let the potatoes get mushy. Combine all these with 2 cans Campbell's cream of mushroom soup and 3 cups water (chicken or beef stock is better than water). Season with salt and pepper. Let this blend for an hour. Just before serving bring to a boil (do not boil). Drop about 5 croutons (freshly fried in butter) in each bowl just before serving. Serves 12.

Ethel Herold

ONIONS CAN BE ELEGANT

ONION SOUP

(Soup a l'Oignon gratinee)

4 large onions
3 tbs. butter or margarine
6 cups stock or bouillion
Grated parmesan cheese
½ tsp. salt-pepper to taste
Day old French bread or toast

Slice onions and cook until transparent (not brown) for a delicate flavor. Pour the stock over the onions and bring to boiling point. Simmer about ten min. and set aside to blend. To serve: Heat to piping hot in casserole. Arrange slices of toasted bread on top and sprinkle the bread with grated cheese. Set in a hot oven just long enough to brown the cheese. Make this in the morning and serve it for your evening meal. It improves the flavor to stand.

Jerry Reed

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VICHYSSOISE

2 large onions
3 stalks of celery (and some of the tender tops)
3 tbs. butter or margarine
4 medium sized potatoes
4 cups chicken stock
1 pt. top milk or evaporated milk
Salt and pepper
Parsley and chopped onion

Slice the onions and celery fine and cook in covered pan in butter until transparent and tender. (Don't brown) Dice potatoes and add with the broth to celery and onions. Cook until soft. Put all through food mill or sieve. Before serving, add cream and heat piping hot. Use chopped parsley and onions on top to garnish.

Suggestions from — *Jerry Reed*

GASPACHO

A blender soup. Slice 1 medium loaf of French bread and soak in water; squeeze out most of the water. Put in blender with 2 garlic cloves, 1 can tomatoes, 1 large onion and one peeled cucumber. Run blender until smooth. (Or crush garlic, grate onion and cucumber, beat and strain). Slowly add 1/3 cup olive oil. Pour into bowl and add 1/3 or ½ cup wine vinegar. Season with salt and pepper. Chill until ready to serve. Serve with side dishes of croutons and finely diced cucumber and hard-cooked eggs. 4-6 servings.

Baguio Country Club

CHICKEN ASPARAGUS SOUP CLUB STYLE

1 can asparagus spears
½ cooked chicken breast
Chicken stock
½ lb. butter
½ cup milk
* Vetsin, salt and pepper to taste

Melt the ½ lb. butter in a pot, then make a thick sauce. Add the chicken stock, and diced chicken and asparagus. Add some Vetsin, salt and pepper to taste.

Baguio Country Club

* *See Definitions*

SWEDISH CABBAGE

Shred 2 large heads of cabbage. Sprinkle with 2 tbs. salt and let stand at least 2 hours. (Can be left covered in refrigerator all night.) Squeeze cabbage dry. Add:

2 tsp. mustard seeds
1 tsp. celery seed
1 medium bunch celery, cut fine
1 red pepper, chopped
2 green peppers, chopped

Bring to a boil and cool:
2 cups white vinegar
2 cups water
4 cups sugar

Pour this cooled mixture over the cabbage mixture. Mix well and put into the refrigerator, covered. Let stand for a few days before serving. Will keep, covered, for a week or more. This is a large recipe for big buffet. Can be halved for normal use. Carrot may be substituted for the red pepper. As tasty but not so colorful.

Velma Howard

SEA FOOD SALAD SUPREME

1½ cups cooked or canned cleaned shrimp, crab-meat or lobster
1 cup sliced celery
½ cup chopped walnuts
¼ cup sliced stuffed olives
½ cup mayonnaise or cooked salad dressing
¼ cup French dressing

Combine all ingredients; chill a short time. Serve on crisp greens.

Ivie Miley

VIRGINIA CHICKEN-APPLE SALAD

5 cups cooked chicken (chunks)
Lemon juice
2 cups celery
½ cup slivered almonds
½ cup heavy cream, whipped
Bibb lettuce
Unpared, cored apple rings and wedges
2 cups unpared cubed apples
2/3 cups sliced stuffed olives
1/3 cup salad dressing
2 tsp. salt
Curly chicory

Combine chicken, cubed apples, (dipped in and out of lemon juice, about ½ cup) celery, olive, almonds. Blend dressing, whipped cream, 2 tbs. lemon juice. Toss with chicken and refrigerate. At serving time heap salad on bed of lettuce and chicory. Dip apple rings and wedges in lemon juice; lay around salad, wedges on top.

Fay Sawyer

HOLIDAY SALAD

3 cups diced fresh apple
1 cup diced celery
1 pomegranite
1 cup whipped cream-lightly sweetened
½ cup walnuts, chopped if desired

Combine them all together and mix lightly.

Cecilia Jenson

CHICKEN SALAD PIE

Toss lightly 2 cups cooked chicken, cut into pieces with:

¾ cup shredded American cheese
½ cup diced celery
½ cup drained crushed pineapple (9 oz. can)
1/3 cup blanched slivered walnuts or almonds
½ tsp. paprika
½ tsp. salt
½ cup mayonnaise

Turn into cooled baked pie shell. Whip ½ cup whipping cream until stiff. Carefully fold in ¼ cup mayonnaise. Spread over salad in pie shell, leaving 1 in. of salad around edge uncovered. Garnish with grated carrot. Chill until serving time. At least 30 min.

Helen Cupps

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SHRIMP SALAD REMOULADE

½ cup olive oil
¼ cup vinegar
4 tsp. prepared mustard
2 tsp. salt
12 green onions, minced
4 stalks celery, minced
2 tsp. paprika
Tabasco to taste
6 sprigs parsley, minced
2 cups or more of whole shrimp, cooked and cleaned
4 tomatoes, cut in wedges
½ head of lettuce (cut in bite sizes)

Beat oil, vinegar, salt and mustard together. Add onions, celery, paprika, Tabasco and parsley; pour over shrimp and marinate in refrigerator for at least one hour. Just before serving, add tomatoes and lettuce.

Betty Ploesser

JACK FRUIT SALAD

Choose a medium-sized young jack fruit. Cut into quarters and boil until tender. Peel. Shred, seeds included. Sprinkle with juice of one lemon, salt and pepper or season with French Dressing. Decorate with sliced tomatoes, onions and hard boiled eggs.

Mary Ann Rosales

CRAB SALAD IN ALLIGATOR PEAR

½ alligator pear for each serving
½ cup picked crab meat
¼ tsp. salt
¼ cup sour cream dressing
Red and green peppers

Select alligator pears that are not too ripe nor too unripe. Fill each half with ½ cup of crab meat seasoned with salt and sour cream dressing. Serve very cold on lettuce and garnish with red and green peppers.

Lil Hamby

MY MOM'S SALAD

1 #2 can crushed pineapple
2 pkges. of lime jello
2 — 3 oz. pkges. Philadelphia cream cheese
1/3 cup chopped pimiento or one small can
½ pint heavy whipped cream
1 cup diced celery
1 cup chopped walnuts

Heat pineapple to boiling point, add jello, stir until dissolved. Chill until partly set. Soften cheese and stir in pimiento. Add to gelatin mixture and blend. Fold in whipped cream, celery and nuts. Pour in mould, chill until firm.

Helen Cupps

DELICIOUS SALAD (WHITTIER)

1 can green beans
1 can yellow beans
1 can kidney beans
2 tbs. chopped fine onion
2 tbs. green pepper

Cover with 2/3 cups vinegar, 1/3 cup oil, ¾ cup sugar, 1 tsp. salt and ½ tsp. pepper. Let stand over night, stir a few times.

Can be used as salad or extra vegetable.

Hazel Acton Elliott

HEAVENLY SALAD

1 pkg. lime jello
1 cup boiling water
1 7 oz. can crushed pineapple drained
1 3 oz. pkg. cream cheese
¾ cup chopped nuts
½ cup whipping cream

Dissolve jello in hot water. Chill until partially set. Blend cream cheese and pineapple together, then fold in gelatin with other ingredients, adding whipped cream last.

Martha West

COCA-COLA SALAD

1 pkg. Rasberry jello
1 pkg. Cherry jello
1 large can Bing cherries
1 cup nuts
2 cold Coca-Colas
6 ozs. cream cheese
1 med. can crushed pineapple

Bring to a boil the juice of the cherries and the pineapple. Add to jellos and cool. Add cokes and start to congeal. Add cherries, pineapple, cheese, nuts and mold.

Martha West

TWENTY FOUR HOUR BEAN SALAD

1 15½ oz. can cut wax beans
1 16 oz. can French-style green beans
1 17 oz. can kidney beans
1 cup thinly sliced onions
½ cup salad oil
½ cup cider vinegar
¾ cup granulated sugar
½ tsp. salt
½ tsp. pepper
1 head curly chicory

Day before serving: in large bowl combine all beans, drained, with onions. In jar combine oil, vinegar, sugar, salt and pepper. Shake until well blended. Pour over beans; cover with foil then refrigerate until served. Toss occasionally. At serving time next day: arrange chicory on a large platter. Drain dressing from bean mixture, then pile beans lightly on chicory.

Lourdes Gesner

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PEA SALAD

1 #2 can large size peas
¾ cup diced cheddar cheese
½ cup chopped English walnuts
½ cup coarsely chopped sweet pickles

Approximately ½ cup Miracle Whip or similar salad dressing or mayonnaise.

Combine peas (well drained), pickles and walnuts with the salad dressing, being sure to mix well. Vary the amounts of pickles, walnuts and dressing, to suit your own taste. This is a delicious combination that makes a hearty salad and goes well with fried chicken for a picnic lunch.

Laverne Fertig

STRAWBERRY SALAD

2 pkgs. strawberry jello
1 cup boiling water
1 #2½ can crushed pineapple drained
1 cup chopped pecans
1 cup chopped celery
2 10 oz. pkgs. frozen strawberries, thawed and thoroughly drained

Combine jello with the boiling water and stir until gelatin is dissolved. Fold in strawberries, pecans and pineapple. Stir in approximately ½ cup of strawberry juice. Refrigerate until firm. Serves 12.

Frances Sullivan

JUNE'S SALAD

1 small can crushed pineapple
16 marshmallows cut up into it

Let stand for one hour. Soften a jar of pimiento cheese and add to above. Fold in ½ pt. whipped cream. Chill 8 hours.

Vivian E. Keller

ROQUEFORT WHIRL SALAD DRESSING

2 cups mayonnaise
¼ lb. Roquefort or blue cheese
2/3 cups evaporated milk
2 tbs. sugar
½ tsp. celery salt
1 tsp. garlic powder

Mix with mixer.

Lourdes Gesner

SUPREME FRENCH SALAD DRESSING

½ cup sugar
1 tsp. mustard
1 tsp. celery seed
1½ tsp. grated onion (very fine)
1 tsp. salt
1 tsp. paprika
1 cup salad oil
4 tbs. vinegar

Mix dry ingredients, then add oil and vinegar alternately. Let stand at least 4 hours.

CELERY SEED DRESSING

2½ cups sugar
4 tsp. salt
4 tsp. dry mustard
1 medium onion grated
1 1/3 cups vinegar
1 quart salad oil
¼ cup celery seed

Mix sugar, salt, mustard, onion and ½ vinegar and beat. Gradually add oil, beating hard. Beat in remaining vinegar in small amounts.

Add celery seed and beat until mixture is thick—makes 2 qts.

Martha West

TOMATO SALAD DRESSING

1 can tomato soup
¾ cup vinegar
¾ cup sugar
1¼ cup cooking oil
2 tsp. onion
1 clove garlic
2 tsp. salt
1 tbs. Worcestershire sauce

Place in jar and shake.

Lourdes Gesner

CABBAGE SALAD DRESSING

1 egg well beaten

Add:

1 tsp. black pepper
½ tsp. salt
1 tbs. sugar
2 tbs. melted butter
5 tbs. vinegar
3 tbs. water

Mix thoroughly. Cook in double boiler, stirring constantly until it thickens. Cool—pour over 5 cups finely sliced cabbage.

O. L. Glyachenkoff

CHILI SAUCE

12 large ripe tomatoes
4 green peppers
2 large onions
2 tbs. salt
1 cup sugar
1 tsp. cinnamon
3 cups vinegar

Chop onions, peppers and tomatoes, add next four ingredients, boil slowly until thick (about 2 hours).

This recipe was my grandmother's, and has been used by my family for over a hundred years.

O. L. Glyachenkoff

AVOCADO ASPIC

2 tblsp. gelatine
1 cup warm water
1 cup grapefruit juice
1 cup mashed avocado
1 tblsp. Worcestershire sauce
2 tblsp. onion, grated
¼ tsp. salt
½ cup mayonnaise

Dissolve gelatine in water and juice. Chill until jelly consistency.

Add Avocado, Worcestershire, salt, onion and mayonnaise. Chill until firmly molded.

BOB'S FAVORITE BLUE CHEESE SALAD DRESSING

1 c. sour cream (if package mix is used, ¾ c. cold water, 1/3 c. powdered milk and 1 package sour cream mix—McCormick's)

2 to 4 oz. Blue or Roquefort Cheese, to taste
1 tsp. Ajinomoto
½ tsp. garlic salt

Mix well in blender. Makes about 1 pint.

Jae Seun Hall

BARBECUE SAUCE

2 bottles (14 oz. size) catsup
1 bottle (12 oz.) chilli sauce
1/3 c. prepared mustard
1½ c. firmly packed brown sugar
2 tblsp. coarse, freshly ground black pepper
1½ c. wine vinegar
1 c. fresh lemon juice
½ c. bottled thick steak sauce
dash tabasco, or to taste
¼ c. Worcestershire sauce
1 tblsp. soy sauce
2 tblsp. salad oil
1 can (12 oz.) beer
Minced or crushed garlic, if desired

Combine all ingredients except garlic and mix well. Pour into pint jars to store. This sauce may be stored for several weeks in the refrigerator. For longer storage, freeze in the freezer. About an hour before using the sauce, add the garlic, if desired. Makes 6 pints.

Jean Kridle

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BOB'S FAVORITE THOUSAND ISLAND DRESSING

In blender place:

1 c. mayonnaise
½ c. chili sauce or catsup
1 tblsp. Ajinomoto
1 tsp. paprika
1 tsp. dry mustard
1 clove garlic
1 minced onion
1 tsp. parsley
1 tsp. chives
1 tblsp. Worcestershire sauce

Blend well. Then add (all chopped):

2 hard-boiled eggs
¼ c. celery
¼ c. dill pickle
¼ c. sweet pickle
¼ c. green pepper
¼ c. stuffed olives
¼ c. green onions

Continue mixing by hand. Makes about 5 cups.

Jae Seun Hall

BOB'S FAVORITE FRENCH SALAD DRESSING

In blender place:

¾ c. vinegar
¼ onion
½ c. lemon juice
2 tsp. salt
2 tblsp. paprika
1 tsp. dry mustard
½ c. catsup or chili sauce
½ tsp. cayenne pepper
1 clove garlic
1 tblsp. Worcestershire sauce
1 tblsp. Ajinomoto
1 tsp. dry horseradish

Tabasco to taste

Blend at high speed until seasonings are well mixed. Add 2 eggs. Blend about one minute and while the blender is still at high speed, slowly add 2 cups salad oil. Makes over 1½ quarts. Seasonings may be increased or decreased to taste.

Jae Seun Hall

BOB'S FAVORITE BARBECUE SAUCES

The ingredients for these sauces are usually found in the home and can be easily and quickly put together. A blender is very handy to assure homogenous mixing, however, a beater may do just as well. The seasonings may be varied according to taste.

Base Sauce: ½ c. vinegar, ½ c. soy sauce, 1 clove garlic, 2 tblsp. Worcestershire sauce, ½ tsp. pepper, 1 tsp. Tabasco sauce, 2 tblsp. Ajinomoto.

For Chicken, add to base sauce: ½ c. lemon juice, 2 cups salad oil, 1 tblsp. poultry seasoning, 1 tblsp. parsley, 2 tblsp-paprika, 1 tblsp. brown sugar, ¼ c. prepared mustard, ½ tsp. oregano, ¼ tsp. marjoram, ½ tsp. thyme, 1 tsp. basil leaves. Makes about 5 cups.

For Beef, add to the base sauce: 1 cup catsup or chili sauce, 2 cups salad oil, 1 tblsp. prepared horseradish, 1 tblsp. brown sugar. Makes about 1 quart.

For Pork, add to the base sauce: ¼ c. oil, 1 tblsp. brown sugar, 1 bottle (large or small) catsup or Chili sauce.

For Fish, add to the base sauce: ½ c. salad oil, ½ c. lemon juice. Makes about 1 pint.

For Lamb, add to the base sauce: 2 c. salad oil, 2 cloves garlic, 1 tblsp. parsley. Makes about 1 quart.

Jae Seun Hall

CHICKEN RICE SALAD
(delicious hot-weather meal)

1¼ cups raw rice
¼ c. slivered almonds
1 small can mushrooms
½ c. pimiento
1 c. chopped celery
2 tsp. grated onion
½ can french green beans
1 can artichoke hearts
1 lb. chicken or turkey, diced, tomatoes or fruit to garnish

The day before: Use oil and vinegar dressing for marinade. Steam rice, cool, and marinate with pimiento overnight. Marinate beans, mushrooms, artichokes, almonds, onion juice overnight. Marinate chicken over night. Mix all together one hour before serving. Serves 8.

Linda Schneidler

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CHICKEN SALAD

2 cups white meat
½ cup chopped celery
½ cup shredded green pepper
½ cup French dressing
12 small cucumber balls
1 fresh grapefruit, sectioned and membranes removed

Combine the above ingredients and chill well. Drain well. Then combine:

½ cup Mayonnaise with 1 tsp. curry powder and 1 tblsp. each grated onion, parsley and chives.

Toss the chicken mixture lightly with the above. Sprinkle with 2 tsp. capers (optional). Serves 4.

Liz Buchak

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CUCUMBER SAUCE

1 large cucumber, peeled and grated
½ cup chili sauce
1 tsp. onion soup mix
¼ cup low calorie sour cream
1 tblsp. parsley, minced

Combine all ingredients and chill. Mixture will thicken slightly while chilling. Ideal served with fish or hamburger. Makes 2 cups. (For calorie watchers — 7 calories per tblsp.)

Mary Martin

FRUIT FRENCH DRESSING

¼ cup orange juice
¼ cup pineapple juice
2 tblsp. lemon juice
¼ cup salad or olive oil
¼ tsp. salt
1 tsp. sugar

Combine all ingredients; beat or shake until well blended. For fruit salads. Makes about 1 cup.

Eleanor Chambers

CHEESE AND RASPBERRY MOLD

1 pkg. lemon flavored jello
3 cups hot water
¼ cup lemon juice
1 — 8 oz. pkg. Cream Cheese
1 — 9 oz. can crushed pineapple
1 pkg. raspberry jello
½ cup Tokay grapes (cut in half)
½ cup chopped walnuts

Dissolve lemon jello in 1½ cup water, stir in 2 tablespoons lemon juice. Whip Cream Cheese. Gradually add hot lemon jello, beating till smooth. Chill until mixture begins to thicken, then beat with rotary beater till fluffy. Pour into a 6-cup mold, and chill until firm.

Drain crushed pineapple, measure ¼ cup pineapple syrup. Add the remaining 1½ cup hot water, stir in raspberry jello, mix until dissolved; add 2 tablespoons lemon juice, chill until syrupy; stir in pineapple, grapes, and walnuts; spoon over chilled lemon-cheese layer in mold. Chill until firm.

Sandy Ball

HOFERKAMP HOT GERMAN SALAD

8 strips bacon
½ cup beet or cane sugar (more if desired)
½ cup apple cider vinegar
⅛ tsp. black pepper
¾ tsp. celery seed (this gives characteristic German-style flavor)
1 tblsp. grated onion
¼ cup chopped green pepper
¼ cup chopped whole canned pimientos
3½ cups hot cooked rice
2 hard-cooked eggs

Fry the bacon in a skillet until crisp. Pour off and save the fat as it cooks out of the bacon. Remove the bacon. Measure 1/3 cup fat back into the skillet. Stir in sugar, vinegar and black pepper. Cook slowly to dissolve the sugar. Add celery seed, onion, green pepper and pimientos. Taste and add sugar if desired. Stir in the rice. Crumble the bacon and stir in. Dice one egg and gently stir in. Serve hot or warm, garnish with the other egg which has been sliced.

Emily Kast

GERMAN POTATO SALAD

1½ kilo small potatoes (cooked in skin)
4 stalks celery, chopped
2 stalks leeks, sliced thin
2 medium onions, chopped
½ cup salad oil
1/3 cup vinegar (or more, if necessary)
⅛ tsp. monosodium glutamate
¼ tsp. maggi-seasoning
pinch of sugar

3 dashes each of: onion-salt, garlic-salt, celery salt, smoked salt, Italian seasoning, dill seasoning, herb-seasoning, Hickorey

salt and pepper to taste
3 hard-boiled eggs

Procedure: peel the potatoes and slice ⅛ inch. Place in refrigerator to cool.

Prepare dressing: place in a wooden salad bowl the chopped onions, celery and leeks. Mix in all the seasonings. Pour in oil and vinegar. Stir with wooden spoon. Taste.

Pour and mix the dressing into the potato mixture. To serve, put the salad on top of a nest of lettuce. Garnish with slices of cucumbers, pepper rings, sliced hard-boiled eggs, and sprinkle with chopped parsley and dill. Serve with cold cuts. Yields: 10 to 12 portions.

Gisela Woelke

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HORSERADISH SAUCE

2 tsp. butter, melted
one tblsp. flour
one cup beef broth
2 to 4 tblsp. horseradish
1 tsp. salt
pinch of sugar

Add flour to butter, mix thoroughly. Slowly add broth. Mix in horseradish, salt and sugar and boil for a few minutes, stirring constantly. Serve with boiled beef.

Ruth Pessin

MRS. THOMAS R. MARSHALL'S CHICKEN SALAD

This is the original recipe. I guess you might say it is an historical one. Mrs. Marshall was the wife of Vice-President Marshall with the Wilson administration and they were from our town. It is true Hoosier chicken salad, but shucks, people didn't think it was better than anyone else's. The whipped cream does it.

"Prepare the chicken, place in the kettle whole, and pour boiling water over, allow to boil rapidly five minutes, then place on the back of the stove, allowing to simmer until tender. The last hour the fowl is cooking, place one stick of celery, parsley and one onion, also salt and pepper in the kettle. When tender, remove from the fire and allow it to become cold before cutting. Remove the skin, then cut up and remove the meat from the bones and cut into strips and then into squares; salt and pepper and put away on ice for use.

Have ready one-third as much chopped celery as chicken, salt and pepper, mix with chicken, then add dressing* just before serving. Before pouring on dressing, stir in a little whipped cream. For a change, add a few almonds or English walnuts, blanched and chopped; also chopped olives."

I put in quite a few nuts and olives.

*Mayonnaise

Jerry Reed

RED CHERRY SALAD

I can pie cherries. (Large size for 9 inch pie). Bring to boil juice from the cherries and ¾ c. sugar. Dissolve into this, 1 box of cherry jello. (You may use strawberry or raspberry, if preferred). Dissolve 1 heaping tblsp. Knox gelatin in 2 tblsp. water, and add this to the hot juice mixture. To the cherries, add: 1 large can crushed pineapple, 1 c. chopped nuts, juice and rind of one orange (grated rind), juice and rind of one lemon (grated rind) and a pinch of salt.

Mix together and pour into molds. Chill. Serves 8 to 10, or makes 12 small servings.

Martha Davis

TOSSED GREEN SALAD

½ cup wine vinegar with garlic
1 cup oil
½ cup water
1 teaspoon salt
2 cloves garlic minced
3 teaspoons sugar

Artichoke hearts
1 can anchovy fillets
Lettuce or a variety of lettuce
water cress
tomato
onion
sliced radishes

Marinate artichoke hearts in small amount of dressing for two days. Mash can of anchovy fillets with some dressing. Toss together with remaining ingredients.

Barbara Farretta

FROSTED CRANBERRY SALAD

1 16 ounce can whole cranberries
1 cup crushed pineapple drained
1 cup sour cream
¼ cup sifted powdered sugar

Combine cranberry sauce and pineapple. Stir together sour cream and sugar and add to fruit mixture. Pour into refrigerator tray and freeze. Serves 8.

Barbara Farretta

SPEEDY KIMCHI

1 head of Chinese cabbage
2 large Oriental radishes
1 long green onion
2 cloves of garlic
2 tsp. crushed, dried red peppers (without seeds)
½ tsp. Ajinomoto
¼ tsp. chopped ginger
5 tsp. salt

Cut the Chinese cabbage to bite-size. Wash several times and drain well. Put into a bowl and sprinkle with 3 teaspoons of salt. Let stand for one hour. Wash again and drain. Place the drained cabbage into a bowl.

Wash the radishes and cut into pieces to suit (bite-sized) and add to the cabbage.

Wash, drain and slice the onion and crush the garlic. Add these and all the remaining ingredients to the radishes and cabbage and mix thoroughly. (Your bare hands do the best job.)

Place the mixture into a jar, allow it to stand 24 hours and eat. It goes best as a relish with boiled or fried rice.

Note: The seasoning must be adjusted more or less to suit the individual family's taste. In no two families will Kimchi be exactly the same.

Jung Sook Nonini

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HOW TO USE THE PHILIPPINE VEGETABLES

SINCAMAS

Peel and serve in various ways.

1. Slice thin in stews, it stays crisp.
2. Slice thin in chop suey.
3. Raw, grated, as salad, with French dressing.

Riina Iten

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GREEN PAPAYA

Choose small ones with white flesh. Peel and remove seedy portion.

1. Slice, use in beef stews. Acts as a tenderizer.
2. Small halves, cook until tender in salted water seasoned with bouillon cubes. Fill with hamburger mixture well seasoned and bake until tender. Add catsup or tomato sauce on top.

Riina Iten

TO MAKE COCONUT MILK

Pour 1-2 cups warm water over 1 grated coconut. Squeeze coconut by hand then strain the coconut milk in separate bowl.

TO MAKE COCONUT CREAM

Do as above only reduce water to ½ cup.

COOKIE SUGGESTION

Use left-over coconut pulp from coconut cream or coconut milk by spreading it on a cookie sheet and roast in a moderate oven (350 degrees) until well dried or lightly brown. Use in oatmeal cookie recipes in the place of all or part of the oatmeal.

COCONUT OIL

Boil in a saucepan pure cream of coconut until a point when the oil is clear. Pour this off and refrigerate as this will go rancid quickly. This oil can be used for deep-fat frying as regular vegetable oils. This can also be used as hair oil.

LATIK

Boil in a saucepan pure cream of coconut until a point when the oil is extracted and the cheese-like precipitate becomes delicate brown in color. This precipitate is the Latik.

SINCAMAS PICKLES

6 cups sliced sincamas
2 cups grated green papaya
2 sections garlic
1 small piece ginger
3 sweet green peppers
2 sweet red peppers
2 hot red peppers

Peel sincamas and slice. Soak overnight in strong salt solution with pinch of alum. Soak grated green papaya also overnight in strong salt solution. Next day wash sincamas and papaya, and drain. Slice garlic, sweet green peppers, red pepper and ginger; then pack in jar with cured sincamas and papaya. Pour over each jarful hot solution of sugar and vinegar, made by boiling 3 parts vinegar to 1 part sugar. Seal tightly.

PAPAYA PICKLES

8 cups grated papaya, green
1 cup coarse salt
1 clove garlic
20 native onions, sliced
2 red peppers, sweet, cut
2 green peppers, sliced
½ cup sliced ginger root
1 cup vinegar
¾ cup sugar
1 tsp. salt

Use papaya with white hard flesh. After it is grated, add coarse salt, work it with hands to remove most of the juice. Soak in vinegar over-night, then press the juice out. Soak the garlic, onion, peppers and ginger the same way. Next day drain them and mix with papaya and pack loosely into jars. Make a syrup of the vinegar, sugar and salt, by boiling. Cool it a little then pour into canning jars. Remove air bubbles. Seal.

BREAD AND ROLLS

"It has been ordained that man shall earn the bread and woman bake it."

WILMA'S RYE BREAD

2 cakes yeast
4 tbs. melted shortening
1 tsp. sugar
1 cup brown sugar
1 qt. lukewarm water
4 tbs. molasses
1 tbs. salt
3 cups rye flour
1½ to 2 cups white flour for sponge

Dissolve yeast in lukewarm water to which 1 tsp. sugar has been added. Add enough white flour to make a soft sponge and let stand in a warm place until bubbly. Heat molasses and add a pinch of soda, then add melted shortening and molasses to sponge. Add brown sugar, salt and rye flour to sponge, beating well. Let rise. Knead and let rise again. Punch down and shape into loaves. Let rise. Bake in greased loaf pans in a moderate oven, 375°, 45 min.

Marjorie Jones

OATMEAL BREAD

Soften: 2 pkgs. active dry yeast or 2 tsp. granulated yeast in ½ cup lukewarm water.

Mix together: 1/3 cup shortening, 2 tsp. salt, ½ cup molasses 2 cups quick cooking rolled oats.

Pour 2 cups boiling water on above ingredients. Cool to lukewarm.

Stir in: 1½ cups flour and 2 beaten eggs. Beat well. Add yeast and 3½ to 4 cups flour. Dough will be a bit sticky. Grease top lightly. Cover tightly and place in refrigerator at least 2 hours or overnite.

Turn out on well floured surface and shape in 2 loaves. Place in bread pans. Cover and let rise in warm place until double in bulk. Bake at 375° about 1 hour.

Ann Westerfeld

GINGER BREAD

Cream together: ½ cup butter, ½ cup brown sugar. Add 1 egg.

Sift together: 1½ cups sifted flour, 2 tsp. ginger, 2 tsp. cinnamon.

Add flour and ½ cup molasses alternately to creamed mixture.

Dissolve 1 tsp. baking soda in ½ cup boiling water and add. Very thin. Pour into greased pan. Bake at 350°, for 30 min.

Ann Bean

RAISIN BREAD

2 cups water mixed with 1 cup evaporated milk
1 cup white sugar
2 tsp. salt
¼ lb. butter
1 tbs. yeast softened in ¼ cup lukewarm water
9 cups sifted flour
6 eggs

Scald milk, sugar, salt and butter. Cool. When lukewarm add the softened yeast. Add enough flour to make a stiff batter beating well in a large bowl and let rise for 1 hour. Beat the eggs and add. Mix thoroughly, add the rest of the flour, mix and turn on a floured board. Knead until the mixture is smooth and elastic. Round up in greased bowl; bring greased side up and let rise for 2 hours. Put the dough on an oiled board and divide equally into 6 balls. Roll with rolling pin about 18 inches in length and 12 inches in width. Sprinkle with raisins and mixture of white sugar, cinnamon, and powdered sugar. Roll as if you are rolling a jelly roll and put on a greased baking pan. Cut the top slightly with knife and let rise for 1 hour. Bake in a moderate oven 375° for 50 min. or until brown. Remove from pan right away to avoid sticking.

Baguio Country Club

ORANGE SWEET RYE BREAD

Soften 1 pkg. active dry yeast in ¼ cup warm water. Let stand 5 to 10 min. Meanwhile, measure into a large bowl:

1 tbs. grated orange peel
½ cup firmly packed brown sugar
1/3 cup molasses (dark)
1 tbs. shortening
1 tbs. salt
1 tsp. caraway seed
½ tsp. anise

Pour 1½ cups hot water over the above ingredients and set aside until lukewarm. When lukewarm blend in 1 cup sifted flour, beating until smooth. Stir softened yeast and add, mixing well. Measure: to 3½ cups sifted flour, 2 cups rye flour. Add the rye flour and beat until very smooth. Then beat in enough of remaining white flour to make a soft dough. Turn onto a very lightly floured surface. Allow dough to rest 5 to 10 mins. Knead, form dough into a large ball and put into a greased deep bowl. Turn greased surface to top. Cover with waxed paper and a towel and let stand in warm place until dough is doubled. Punch down with fist, pull edges into center and turn dough completely over in bowl. Cover and let rise again until dough is nearly doubled. Punch down dough and turn out on a lightly floured surface. Divide dough into 2 portions and shape into balls. Cover and allow to rest 5 to 10 mins. Remove to greased baking sheet, cover and let rise until dough is doubled. Bake at 375°, 25-30 mins., or until lightly browned.

Nanette Smith

ROYAL BANANA BREAD

1¾ cups sifted flour
2 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
1/3 cup soft butter
2/3 cup sugar
2 eggs unbeaten
1 cup mashed ripe bananas

Sift together flour, baking powder, soda and salt. Cream butter with sugar until light and cream-colored. Add eggs one at the time, beating well after each addition until mixture is very light and fluffy. Add sifted dry ingredients a little at a time, alternating with mashed bananas. Beat until just smooth. Turn into greased 9 x 5 x 3 in. loaf pan. Bake in moderate oven (350°) for 1 hour or until done. Cool in pan for 10 min., then remove and cool overnight on wire cake rack.

Sally Nordstrom

HONEY ORANGE NUT BREAD

1 cup honey
2 tbs. butter, softened
1 egg
1 tbs. grated orange rind
2 cups sifted flour
¼ tsp. baking soda
2 tsp. baking powder
½ tsp. salt
¾ cup orange juice
¾ cup chopped walnuts

Cream honey and butter, add beaten egg and orange rind. Sift dry ingredients and add alternately to above mixture with orange juice. Bake in well greased loaf pan in 325° oven for 70 min.

Ann Westerfeld

HOT ROLLS

1 cup scalded milk
¼ cup shortening
¼ cup sugar
1 tsp. salt
1 yeast cake
¼ cup water (little sugar)
1 beaten egg
3½ cups sifted flour

Scald milk, add shortening, sugar and salt, cool to lukewarm, add beaten egg and yeast, dissolved in water. Add to flour, rough up vigorously with a spoon. Let rise and roll out in desired shape. Bake at 375°, 15-20 mins.

Cecilia Jenson

FELICIDAD'S ORANGE ROLLS

Follow any sweet roll recipe. Add 1 beaten egg and ½ to 1 cup powdered milk (mixed) and mix in for lightness. Knead until smooth and elastic. Round up in greased bowl, grease top and cover with damp cloth. Let rise until almost doubled; punch down. Let rise again until almost doubled. Roll out 1 inch thick, spread with a mixture of butter, grated orange skin and sugar. Roll it like jelly roll and cut in 2 in. slices. Bake at 375° and when slightly brown, pour juice of 2 oranges mixed with 4 tbs. sugar over and continue baking until done. Turn out as soon as possible when removed from oven or it will stick to bottom of pan.

Hazel Acton Elliott

ICE BOX BUNS

2 cups water mixed with
1 cup evaporated milk
1 cup white sugar
2 tsp. salt
1 tbs. yeast softened in
¼ cup lukewarm water
6 cups sifted flour
12 eggs
¼ lb. butter

Scald milk, sugar, salt and butter. Cool. When lukewarm add the softened yeast. Add enough flour to make a stiff batter, beating well in a large mixing bowl and let rise for 1 hour. Beat the eggs and add, mix thoroughly and add the remainder of the flour, mix and turn onto floured board. Knead until the mixture is smooth and elastic to the touch and until it does not stick to the unfloured board. Round up in greased bowl; bring greased side up and put in the refrigerator for 6 to 8 hours. Grease muffin tins. Form bits of dough into balls, keeping hands buttered to make it easier to work with dough. Place 3 balls in each tin.

Let rise for 1 hour and bake in moderate oven 375° for 45 mins. until top is firmly brown. When done brush with melted butter.

Makes 6 dozen.

Baguio Country Club

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OATMEAL BREAD ROLLS

Mix together ½ cup shortening, 3 tbs. sugar, ¾ tsp. salt and ½ cup boiling water. Add 1 cup rolled oats and stir Cool to lukewarm. Soften 1 cake of yeast in ½ cup lukewarm water. Add to a beaten egg, then pour into oatmeal mixture. Sift flour and measure 2½ cups. Stir in flour to make a soft dough.

Proceed as with bread by turning onto a floured board, knead and put back into bowl. Grease top of dough, cover with towel and let stand in warm place for 1½ hours. Turn onto floured board again.

Knead and shape into clover leaf rolls and let rise again for 1 hour. To make clover leaf roll, form bits of dough into balls about 1 inch in diameter, place 3 balls in greased muffin cups, brush with butter for flavor. Bake in 375°F. oven for 20-25 min. or until top is golden brown.

Lourdes Gesner

SOFT BALL ROLLS

2 cups unsalted hot mashed potatoes
½ cup white sugar
2 yeast cakes dissolved in ½ cup water
1 tbs. salt
1 cup shortening
3 eggs, beaten
8 cups flour (add more if necessary)
Brown sugar and walnuts (for garnishing)

Dissolve yeast in water and let rise. Add shortening, sugar, salt and eggs to hot potatoes. Stirring vigorously with a spoon, add all the flour. Let rise. Knead. Let rise again. Roll dough into size of golf balls. Pat hands with butter, shaping the dough nicely. Roll dough balls in brown sugar and nuts. Let rise and bake in 375° oven for about 15 min.

Cecilia Jenson

TWICE-BAKED ROLLS OR "BROWN AND SERVE"

2 cups milk
5 tsp. salt
¼ cup sugar
2 yeast cakes (or pkges.) softened in 1 cup lukewarm water
10 cups sifted flour
½ cup melted shortening

Scald milk. Add salt and sugar. Cool to lukewarm. Add yeast. Stir until smooth. Mix in 6 cups flour and shortening (cooled).

Add enough more flour to knead. Knead, let rise and shape as desired (Parker house, cloverleaf, etc.). Let rise until slightly less than doubled in bulk. Bake at 275° for 40 minutes. Leave in pan 20 mins. Cool at room temperature and wrap. Makes 8 dozen.

When ready to serve, place on unbuttered cookie sheet. Bake until brown at 400° for 7 to 10 mins. (Bake the full amount, divide in convenient portions, wrap in separate packages and seal with scotch tape. Store on pantry shelf for as long as 1 week; in refrigerator for two weeks; or in freezer up to three months.)

Charlotte West

HENRICI'S COFFEE CAKE

Sift together: 3 cups sifted cake flour, pinch salt, 3 tsp. baking powder.

Cream together: ¾ cup butter and 1½ cups sugar.

Add: grated rind of 1 lemon, 2 tbs. lemon juice and 3 eggs one at a time, beating well after each addition. Add 1 cup milk alternately with sifted dry ingredients. Grease tube pan and sprinkle bottom of pan with pecans, pour in mixture and bake at 375° for 1 hour or until done. Turn upside down and sprinkle with powdered sugar.

Ruth Pearson

WHOLE WHEAT ROLLS

2 cups milk, scalded
1 tbs. salt
2 cups whole wheat flour
2 tbs. shortening, melted
¼ cup water or milk
½ cup molasses
2 beaten eggs
1 pkg. yeast
6 cups white flour

Dissolve yeast in scalded milk, add molasses and add ½ cup of the flour, beat well. Set aside for an hour. Then add other ingredients. Mix well. Knead. Form ball and put into a greased bowl. Cover and let rise in warm place. Roll out to desired shape. Bake in 350° oven for 15 to 20 min.

Cecilia Jenson

APPLE COFFEE CAKE

1 envelope dehydrated yeast
1 tsp. sugar
¼ cup lukewarm water
1/3 cup milk
1/3 cup sugar
¼ cup butter
½ tsp. salt
2 eggs, well beaten
2 cups unsifted all-purpose flour
3 apples, peeled and cored
2 tbs. orange or lemon juice
Streusel topping

Mix the yeast and sugar into the lukewarm water and let stand until dissolved. Scald the milk, sugar, butter and salt together, then cool to lukewarm. Beat the eggs and add the milk and yeast mixture. Stir in the flour and beat until smooth. Spread the batter in a greased 8 in. x 12 in. pan. Cut each apple into 12 wedges and sprinkle with the orange juice. Press the wedges (thin side down) lightly into the batter, spacing them as evenly as possible. Sprinkle with Streusel topping and let rise until doubled.

Cover coffee cake with foil and bake at 375°F. for 25 min. Uncover and continue baking 15 min. longer or until top is brown and apples tender.

Srteusel Topping: Combine 2/3 cup brown sugar, 3 tsp. cinnamon, 1 tsp. nutmeg. Rub in 3 tbs. hard butter.

Elizabeth Michell

FILLED DOUGHNUTS

Dissolve 2 cakes of yeast in ½ cup lukewarm water.

Measure: ½ cup sugar, ½ cup shortening, 2 tsp. salt into large bowl and add boiling water, ½ cup to dissolve completely.

Add: 1 cup milk, 2 beaten eggs and when cooled sufficiently, add dissolved yeast. Add 7 to 7½ cups sifted flour and mix into a dough just dry enough to be handled. When smooth, grease bowl and allow to rise in warm place about 1½ hours. Punch down and allow to rise about 45 min. Roll out on floured table and cut with small cookie cutter and allow to rise uncovered about 45 min. Deep fry at 365°, only 3 at a time for about 3 min. each. When cool, insert sharp knife in 1 side, fill with a tart jelly or any favorite jam, shake in bag with granulated sugar and cinnamon and serve.

Yield: about 3 dozen large or 4 dozen small doughnuts.

Martha Plagens

BERLIN DOUGHNUTS

2½ tsp. yeast
¼ cup lukewarm water
¼ cup butter
¾ cup scalded milk
Granulated sugar
1 tsp. salt
2 unbeaten eggs
3¾ cups sifted all-purpose flour
1 tsp. grated orange rind
1 egg white
Raspberry or other jam
Fat or salad oil

In small bowl, sprinkle yeast on to lukewarm water; stir until dissolved. Then melt butter in scalded milk; cool to lukewarm.

In large bowl with mixer at medium speed, blend: dissolved yeast, lukewarm milk, ¼ cup granulated sugar, salt and unbeaten eggs. Add flour a little at a time and then grated orange rind. Beat well. Cover bowl with wax paper, then clean towel. Let rise in warm place until double.

On lightly floured surface, knead dough a few times; then roll ⅜ in. thick. Cut into rounds with floured 2¼" cookie cutter. Brush edge of half of rounds with slightly beaten egg white then place a tsp. of raspberry jam in center of each.

Top jam-topped rounds with rest of rounds, firmly pinching edges together. Arrange them on floured cookie sheets; cover with clean towel; let rise till almost double, and light to the touch.

In deep saucepan, place just enough fat or salad oil to come halfway up the side of it. Heat to 375°F. Fry doughnuts, two or three at a time, turning once, until golden brown and done — 2 to 5 min. Lift out with slotted spoon, and drain on crumpled paper towels. Then roll each in granulated sugar. Makes about 20.

Lenore Callow

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BLUEBERRY MUFFINS DELUXE

Cream ¼ cup butter, gradually add 1/3 cup sugar, 1 well beaten egg. Sift together 1½ cups flour, ½ tsp. salt and 2 tsp. baking powder. Add alternately to above mixture with ½ cup milk. Add 1 cup blueberries. Stir only enough to thoroughly mix. Place in well greased muffin tins and bake 25 min. in 375° oven.

Ann Westerfeld

DOUGHNUT (BASIC RECIPE)

Sift together: 3½ cups sifted flour, 4½ tsp. baking powder, ½ tsp. cinnamon, ½ tsp. nutmeg, ½ tsp. mace, 1 tsp. salt.

Work 3 tbs. shortening with spoon in medium bowl until soft and creamy. Add 1 cup granulated sugar gradually, while continuing to work until light. Add 2 well-beaten eggs; beat well with spoon.

Add flour mixture alternately with 1 cup milk, blending well with spoon after each addition. Add enough of ½ cup sifted flour to make a soft, easily-handled dough. Chill 1 hour or longer. Roll dough on floured board to ½ inch tickness, cut out with floured doughnut cutter. (Form trimmings of dough into a ball; roll and cut as above). Fry doughnuts in 1½ inch fat or salad oil, heated to 370°F. on deep fat thermometer, or until a cube of day-old bread browns in 60 seconds. Fry only as many doughnuts at one time as float easily on fat. As soon as doughnuts rise to surface, turn with long-handed fork. (Do not pierce them.) Turn often until golden and done. Remove with fork; hold over fat a second, drain on absorbent paper. Dust with granulated or powdered sugar, or granulated sugar with a little cinnamon added. Makes about 2 dozen.

Dorothy Kretzmann

GOLDEN CORN MUFFINS

1½ cup flour
3½ tsp. baking powder
1 tsp. salt
1 cup yellow corn meal
2 slightly beaten eggs
1/3 cup corn syrup or sugar
1 cup milk
3 tbs. melted shortening

Sift flour; measure; add baking powder and salt; sift again and add corn meal; mix well. Combine eggs, corn syrup, milk and melted shortening (slightly cooled); pour into flour mixture and stir just enough to moisten the dry ingredients. Fill greased muffin pans 2/3 full and bake in a hot oven, 400°F. 20-25 min.

Makes 15 to 18 medium sized muffins.

Eleanor Chambers

POTATO PANCAKES

Beat 2 eggs until light, add ¼ cup milk, 1 tbs. onion juice, ¼ cup flour sifted with ¼ tsp. baking powder and ¾ tsp. salt and 1½ cups finely grated raw potatoes. Drop batter by tablespoons on greased hot griddle. When brown turn over. Drain on paper towel and keep hot until served. Makes about 12 3-in. pancakes.

Ann Westerfeld

PANCAKE

4 fresh eggs 2 tbs. flour 1 tbs. water dash salt

Mix it well, then put it in small frying pan; like baking hot cake.

Baguio Country Club

WAFFLES

2 cups flour
2 tsp. baking powder
½ tsp. salt
2 eggs — separated
1¾ cups milk
4 tbs. melted butter

Sift flour, baking powder and salt together. Add slightly beaten egg yolks and milk. Beat thoroughly. Add melted butter. Fold in stiffly beaten egg whites. Bake in hot waffle iron until brown.

Frances Sullivan

BEST POP OVERS

Heat oven to 375°. Beat 3 eggs in electric mixer. Add 1 cup milk, 3 tbs. melted butter. Continue beating until blended. Gradually beat in 1 cup sifted flour and ½ tsp. salt. Bake 60 min. Remove from oven and quickly make a slit with very sharp knife in side of each one; this allows steam to escape. Return to oven for 5 to 10 min., until tops are firm and crisp. Then to prevent bottoms to steam or soften lift them out of cups with spatula. Iron muffins tins are the best for this purpose. If not available use Pyrex custard cups placed on cookie sheet. Be sure cups are oiled.

Ann Westerfeld

BREAKFAST MUFFINS

You too can have muffins if you mix them the night before. Muffins for breakfast? "Phooey" I can hear some of our readers snort as they read. But those who want them can have them with unsuspected ease. Simply make up the muffin mixture the night before; spoon it into muffin tins and cover each tin with foil or waxed paper or plastic. Store in the refrigerator. Next morning before you start the coffee, turn on oven to preheat to 400 — start coffee perking, then pop the muffins into the oven.

They'll be baked and ready to serve by the time the family is washed, combed, dressed and at the table fresh and bright eyed as a family should look who make the practice of coming to the breakfast table ready to start the day.

Start with a good recipe — vary it endlessly. In place of dates called for here, substitute moist plump dried figs, raisins or dried currents, nutmeats or chopped fresh apple. If your apples seem to be a bit moist after the chopping reduce the amount of milk in the recipe by about two tablespoons.

A sugary, spicy topping adds interest. For this mix together two or three tablespoons sugar and a half teaspoon cinnamon. Sprinkle over muffins just before baking. Chopped nutmeats, chopped apple or cereal concentrate may be mixed with this cinnamon sugar mixture if desired.

1¾ cups sifted all-purpose flour
2 tablespoons sugar
2½ teaspoons baking powder
¾ teaspoon salt
½ to ¾ cup fruit (dates, figs, raisins, currents, apple or other)
1 egg
¾ cup milk
1/3 cup salad oil or melted shortening

Grease 12 muffin cups or line with fluted paper muffin tin liners. Preheat oven to hot, 400 degrees F.

Sift dry ingredients together onto waxed paper. (Cut dates or figs into coarse pieces — if raisins or currents seem dry and hard, plump them a few minutes in warm water and drain well — dice peeled apples into quarter-inch cubes or a bit smaller.) In mixing bowl beat egg and add milk and oil. Beat to mix. Add dry ingredients and prepared fruit all at once and stir quickly only until moistened.

Important: Too much stirring has ruined more muffins than most cooks care to contemplate. Stir only about ten "stirs" — mixture should — look rough and lumpy. Now spoon mixture into prepared muffin pans scraping the dough off the spoon with a rubber scraper and filling pans 2/3 full. NEVER stir the dough more while spooning into muffin tins. Poor into muffin tins. Bake in preheated hot oven, 400 degrees F. 20 to 25 minutes — until lightly golden on top and until a wooden pick inserted in center of one muffin comes out clean. Serve immediately with butter or margarine. Makes one dozen muffins in two-inch muffin tins.

To make the night before to bake next morning, simply cover filled muffin tins as suggested above and refrigerate. Baking time will be three or four minutes longer for refrigerated dough. Leftover baked muffins freeze beautifully. Just wrap in foil and freeze in home freezer. Reheat in foil in moderate oven, 350 degree F. until just heated through, about 10 minutes.

Kay White

BACON MUFFINS
(For the man of your life)

1¾ cups sifted regular flour
1 tsp. double acting baking powder
½ tsp. ground cinnamon
½ tsp. salt
¼ cups granulated sugar
¼ cup salad oil
½ c. milk
½ c. canned applesauce
1 egg
¼ lb. sliced bacon (cooked crisp, drained and finely crumbled.)

30 minutes before serving:

(1) Start heating oven to 400 degrees. Grease bottoms of 12 muffin pan cups.

(2) Into medium bowl sift together flour, baking powder, cinnamon and salt; add sugar. In small bowl combine salad oil, milk, applesauce, egg and bacon; add to flour mixture. With wooden spoon mix just until all dry ingredients are moist.

(3) Fill muffin pan cups 2/3 full with this batter. Bake 20 minutes or until nicely browned and toothpick when inserted, comes out clean.

Makes 12 muffins.

Linda Schneidler

SWEDISH MELTAWAY PANCAKES

3 egg yolks, well beaten & egg whites well beaten
½ cup dairy sour cream
¼ cup sifted all purpose flour
1 tsp. sugar
¼ tsp. salt

Mix egg yolks and cream.
Stir in dry ingredients
Fold in egg whites

Drop from a large spoon onto hot griddle and fry until top is bubbly. Turn and brown other side.

Barbara Farretta

CINNAMON-APPLESAUCE MUFFINS

2 c. sifted all-purpose flour
3 tblsp. sugar
3 tsp. baking powder
½ tsp. salt
½ tsp. ground cinnamon
½ c. finely chopped dates
2 eggs, slightly beaten
1 c. milk
½ c. applesauce
¼ c. vegetable oil
2 tblsp. sugar
½ tsp. ground cinnamon
1 tblsp. melted butter

Heat oven to 400°. Sift flour, the 3 tblsp. sugar, baking powder, salt and the ½ tsp. cinnamon into a bowl. Stir in dates. Make a well in the center of dry ingredients. Combine eggs, milk, applesauce and oil. Add all at once to dry ingredients. Stir only until flour is just moistened. Batter will be lumpy. Drop batter from a tablespoon into greased cups of 2½ inch muffin pans. Fill muffin cups two-thirds full. Bake 25-30 minutes. Mix the 2 tblsp. sugar and the ½ tsp. cinnamon. While muffins are still warm, dip tops in melted butter and then in sugar mixture. Makes 12.

Vivian Keller

COFFEE CAKE

½ c. shortening
1 c. scalded milk
1 tsp. salt
¾ c. sugar
2 pkgs. yeast
½ c. warm water
4 eggs, well beaten
5 c. sifted flour

Add shortening to hot milk. Add salt and sugar and dissolve. Cool to lukewarm. Dissolve yeast in warm water. Add to lukewarm milk mixture, stir in eggs then flour. Stir until smooth. Allow to rise until doubled in bulk. Spread in buttered pans. Sprinkle crumb mixture on top and allow to rise again.

Crumb Mixture: 2 c. powdered sugar, scant cup sifted flour, grated orange or lemon rind, 5 oz. melted margarine.

Mix flour and sugar well. Add rind or flavoring and slowly add melted margarine. Mix with fork until balls form. Sprinkle on dough.

Bake at 350° about 20 minutes or until done.

Lillie Rutz

CORN SPOON BREAD

¾ c. corn meal
1 tsp. salt
3 tbsp. melted butter
1 c. boiling water
1 c. milk
2 tsp. baking powder
2 well beaten eggs

Mix corn meal, salt, butter, then add water, beating until smooth. Add milk, eggs and baking powder. When well mixed, turn into a greased baking dish or pan and bake in moderate oven (350 degrees) for 40-50 minutes.

Martha Davis

GUAVA MUFFINS

½ c. fresh guava pulp
¼ c. milk
¼ c. strong coffee
½ c. shortening
1 c. sugar
3 eggs, beaten
2 c. flour
1 tsp. salt
1 tsp. soda
2 tsp. baking powder

Cream shortening and sugar and add eggs and guava. Sift flour, salt, soda and baking powder together and add to sugar mixture alternately with liquid. Put into greased muffin tins. Bake 30 min. at 325°. (If guava pulp is not available, use guava jelly or jam, but reduce sugar by half.)

Kay White

FRENCH BREAD

2 cups scalded milk (powdered milk — 4 tbsp. per cup water)
1 cake yeast (2½ tsp.)
1 tsp. sugar
2 tsp. salt

Enough sifted flour to make a smooth dough (about 6 cups)

Scald milk and cool to lukewarm. Dissolve yeast, sugar and salt in the lukewarm mixture — add sufficient flour gradually to make a stiff dough. Turn out on lightly floured board and knead till smooth. Place in greased bowl, cover and let rise till doubled in bulk. Punch down and let rise again. Knead well. Divide dough into equal portions, shape into long loaves about 2 inches in thickness (make four loaves). Sprinkle sesame seed over board and roll the loaf till the seeds stick — place on baking sheets and make diagonal cuts half way across each loaf, about half way through. Let rise till doubled in bulk. Place in hot oven (400 degress) and bake for 15 minutes. Then lower to 350 degrees till loaves are crisp — about 10 minutes before removing from oven brush loaves with mixture of beaten eggs and water.

Nola Daws

HOME-MADE DOG BISCUITS

(This recipe came into being in 1959 when, due to import control, lack of dollars, etc., etc., the canine population was deprived of one of its best-loved foods — dog biscuits. One women started using it in Manila, thought it tops for her pups and gave it to me — so I give it to you dog lovers.)

¼ kilo hamburger or liver
1 can bouillon
3½ cups oatmeal
3½ cups flour
3 grated carrots
1 tsp. codliver oil
1 bud garlic, chopped
1 small onion, chopped
Salt to taste for your dog

Form in shape of bones, length of your forefinger and thick as your thumb. Bake 2 hours in low temperature.

Your pooch will love you for them!

Marie M. Willimont

HOT CAKES FOR TWO

1 egg
¼ heaping teaspoon sugar
½ cup milk
¼ cup sifted flour
¼ heaping teaspoon baking powder
pinch of salt
2 tablespoon melted butter

Beat egg white stiff. Beat egg yolk and add sugar, milk, sifted flour, baking powder, salt and butter. Beat well. Fold in beaten egg white. Heat greased griddle and cook.

Multiply recipe by four and you will have enough for 12 hot cakes.

Katy Crosby

HUSH PUPPIES

1 cup corn meal
½ tsp. salt
2 large onions cut fine
1 tsp. baking powder
¼ cup flour
¾ cup milk
1 tblsp. shortening

Combine all dry ingredients along with onions. Add milk and mix until stiff enough to spoon. Then spoon round spoonfull into hot fat. Fry as fish, in same pan. Children love them. Makes 12 to 14 hush puppies.

Esther Fearber

TORTILLAS (WHITE FLOUR)

Flour, shortening and water in the proportions of your favorite biscuit recipe. While the Mexicans omit it, I prefer salt also. Roll dough into balls the size of a golf ball or smaller. Roll out on a floured board, as round as possible. Cook on dry or salted griddle, turning often. Do not overcook, or tortillas will be too crisp to roll around some beans. After this cooking, the tortillas may be fried in deep fat for use with tacos or toasted and spread with Black Bean Soup (heated but not dilluted) as Tostados.

Lois North

LYDIA'S CORN MEAL GRIDDLE CAKES

Ingredients:

- 1½ cups yellow corn meal
- 1 tbs. molasses (corn syrup)
- ½ cup sifted family flour
- 1 egg well beaten
- 4 teaspoons baking powder
- ¾ cup canned milk
- ¾ cup water
- ¾ tsp. salt
- 1 tbs. melted butter

Preparation:

Mix as for plain hot cakes and bake on a hot griddle or skillet. If all the batter is not needed at once, cover what is left and keep in refrigerator. Add ½ tsp. of baking powder and beat vigorously before using again. Good with plenty of butter and syrup — fried ham, becon or sausages or all three in a mixed grill.

Jerry Reed

FISH, POULTRY AND SAUCES

"Master, I marvel how the fishes live in the sea! Why as men do on land, the great ones eat up the little ones."

Pericles

POLYNESIAN FISH

3 lbs. halibut, swordfish or cod steak cut ¾ in. thick
1/3 cup lime juice
¼ cup melted butter
½ tsp. salt
¼ tsp. freshly ground pepper
Generous pinch of marjoram
½ can (10 oz.) frozen cream-of-shrimp soup
½ cup commercial sour cream
3 or 4 scallions with tops sliced thin
½ cup tiny shrimp

Wash, pat dry and cut the fish into 6 serving-size pieces. Trim. Place in a shallow ovenproof baking dish. Pour the lime juice over and allow to soak for a few min. on each side. Then discard the juice. Pour the butter over the fish and sprinkle with seasonings. Broil for about 10 min. Baste once with the butter. Remove from the heat and baste again with the pan juices. Set aside to cool slightly. Mix the soup and sour cream together and spoon on top of each piece of fish. (All this may be prepared in advance). When ready, bake for 30 min. in a moderately slow oven, 325°F. Serve right in the baking dish and garnish with scallions and tiny shrimp. Makes 6 serviings.

Honora McCarthy

BROILED PRAWNS

Prawns
Lemon or calamansi juice
Parmesan cheese
Butter

Split prawns and clean well, but do not split completely in two. Squeeze lemon or calamansi juice over them. Be generous with this. Sprinkle generous amounts of parmesan cheese on them. Dot with butter. Place under broiler (about 5 or 6 inches below broiler) and broil for 12 to 15 min. Keep a close watch on them to avoid burning. They should be golden and slightly browned.

Moning Legarda

BROILED FILLET OF FLOUNDER

Flounder fillets
Fine bread crumbs
Parsley
Milk
Butter
Salt and pepper

Dip desired number of fillets in milk, then in fine breadcrumbs to which has been added salt and pepper to taste. When nicely coated, place on wire rack, dot generously with butter and chopped fresh parsley and place under broiler. Allow to cook for about 15 min. or until fish is done and nicely browned, not dark or burned. Do not turn. Remove fillets to a warm platter and serve immediately, with Tartar Sauce if desired. (Other fish may be used instead of the flounder)

Judy Davidson

FLOUNDER SAUTE

4 fillets of fresh or frozen flounder. (Other fish such as Lapu-Lapu, Red Snapper or Sole may be used.) Dip the fillets in milk and then in flour seasoned with salt, pepper and a pinch of marjoram. Saute in a pan in butter until cooked and nicely browned. Place on a warm platter and keep hot.

Remove from the pan the butter in which the fish was sauted and replace it with 1 tbs. fresh butter, allowing this to brown. Add ½ tsp. Tarragon wine vinegar, heat a moment and pour over the fillets. Serve immediately.

Judy Davidson

BAKED SALMON, NEW ORLEANS

1 tsp. sugar
2 lbs. whole salmon
⅛ tsp. salt
Dash pepper
1 clove garlic
1 red pepper pod, large
1 cup mushrooms (whole or halved)
1 onion large
2½ cups cooked tomato
1 tbs. Worcestershire sauce
½ cup olive oil
1 tbs. vinegar
2 cups uncooked potato balls

Brown sugar in pan. Sprinkle salmon with salt and pepper. Place garlic and pepper pod inside. Mince onion finely; place onion and salmon in pan with sugar. Cover with tomatoes, add Worcestershire sauce, olive oil, vinegar and potatoes. Bake in hot oven 400°F. for 15 min. Add mushrooms and bake 15 min. longer or until fish and potatoes are tender. Serves 6.

(Red snapper or Lapu-lapu may be used instead of salmon.)

Nannette Smith

STUFFED SHRIMPS

12 big shrimps
1 tbs. chopped green onion
12 Lumpia wrappers
12 tbs. ground pork
Salt and pepper to taste

Remove the shells of the shrimps, leaving the tails intact. Open the back of each and fill the opening with 1 tbs. finely ground porks and onion, seasoned with salt and pepper to taste. Wrap in lumpia wrappers and fry in deep fat. Serve hot.

Lumpia Wrappers

1 egg
1 cup water
½ cup cornstarch

Beat egg slightly without bubbles. Pour in water. Dissolve cornstarch and mix. Pour on slightly greased pan and bake. Wrapper is done when edges curl or wrinkle.

Jolly Serron

SEA FOOD NEWBURG

¼ cup butter
¼ cup flour
2 cups milk
½ tsp. salt
¼ tsp. pepper
2 egg yolks, beaten
2 cups cooked sea food in large pieces (shrimp, lobster, prawn)
1 tbs. sherry or sherry flavoring

Melt butter in heavy saucepan. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat; stir in milk gradually. Bring to boil, stirring constantly. Boil 1 min. Add egg yolks to hot mixture a little at a time, blending thoroughly. Just before serving, stir in sea food and sherry flavoring. Serve over hot rich biscuits, split popovers, toast points or in patty shells. Garnish with parsley and pimiento strips. 6 to 8 servings.

Susan Farmer

SAUCE AND FRIED FISH

4 large slices of fresh fish
¼ cup olive oil
1 big onion
½ cup soy sauce
½ cup water
juice of one lemon

Brown the fish in oil in a large frying pan. Fry sliced onion in one half of the same frying pan until brown. Then add water, soy sauce and lemon juice. Season with salt and pepper to taste. Simmer for 20 min.

Suggested fish: Tuna or any other fresh fish.

Cecilia Jenson

PIMENTADE (CREOLE BOILED FISH)

1½ lbs. thick white fish; cod, turbot, haddock, lapu-lapu etc. cut in thick slices or left whole.

1 lemon cut in slices
1 sprig parsley
1 sprig thyme
2 pts. water
3 cloves
¼ tsp. salt
¼ tsp. cinnamon
3 chilli peppers, chopped (optional)

Rub the fish slices all over with the lemon juice and leave for 1 hour. Boil all the other ingredients together and simmer for 30 min. Add the fish and cook gently for 20 min. or till soft.

For a delicious flavor put all above ingredients inside one large deboned fish overnight. Bake following day.

Cecilia Jenson

FRIDAY SPECIAL

1 can salmon
2/3 cup mayonnaise
2 tbs. celery, diced
Dash of salt and pepper
2 hard boiled eggs, sliced
Lettuce leaves
1 small onion chopped
1 green pepper, sliced
¼ cup pickles, minced
8 olives

Break the salmon into large chunks. Mix mayonnaise, celery, salt and pepper and add to salmon. Line a salad bowl with crisp lettuce leaves. Place salmon mixture carefully in bowl. Arrange alternately sliced hard boiled eggs, onions, green pepper in round bowl.

Garnish with chopped pickles and olives. Chill before serving.

Mary Ann Rosales

SHRIMP JAMBALAYA

1½ lbs. shrimp, peeled
¼ cup chopped onion
1 clove garlic chopped fine
2 tbs. melted butter
2 tbs. flour
2 tbs. chopped parsley
½ tsp. thyme leaves
Salt to taste
2 bayleaves crushed
Dash ground cloves
Dash cayenne pepper
1 lb. canned tomatoes
1 qt. fish or chicken bouillon
¾ cup uncooked rice
½ tsp. chilli powder

Sauté onions and garlic in butter until tender. Blend in flour, herbs and spices. Stir in stock and tomatoes gradually; bring to boil. Add rice and shrimp. Cover, reduce heat and simmer for 30. or until rice is tender. Serves 6. Canned shrimp may be used.

Nancy Deem

SWEET-SOUR SAUCE FOR BAKED FISH

1 small green pepper, cut into strips 1 inch long
½ inch ginger tip, diced (may be omitted)
1 small onion, sliced
1 stalk celery, sliced crosswise
1 small cucumber, peeled and sliced
1 small can pineapple cubes, with juice
Combine all above.
2 tbs. cornstarch
6 tbs. white sugar
4 tbs. vinegar
2 tbs. soy sauce
Salt, about ½ tsp.
Water, about ½ cup
Combine these ingredients.

Combine the two groups of ingredients, boil about 5 min. only, until translucent and consistency of gravy. Vegetables should still be crunchy. Pour over baked or steamed fish and serve at once.

Dorothy Kretzmann

To use for Sweet-Sour Pork:
Cut 1 lb. pork into half inch squares; dip into 4 tlbsp. cornstarch mixed with some water; fry until brown; mix with sauce above. Serve with rice.

Dorothy Kretzmann

CRUNCHY TUNA RICE CONES

Butter or margarine
2 tbs. all purpose flour
½ cup milk
2 egg yolks, beaten
¼ cup grated processed Cheddar cheese
1 tsp. salt
2 cups cooked rice
1 cup drained, flaked, chunk-style tuna (7 oz.)
5 slices canned pineapple (drained)
Lemon juice
Granulated or brown sugar
2 egg whites, beaten
1¼ cups crushed corn flakes
Salad oil or fat
2-10 oz. frozen broccoli or fresh, cooked

1 10½ oz. can condensed cream of mushroom soup, not diluted
Paprika (optional)

Day before or early on the day required:

In sauce pan over low heat melt 2 tbs. butter. Stir in flour till blended, then milk. Cook till a thickened, smooth sauce; pour into a large bowl.

Into sauce stir egg yolks, cheese, rice, tuna and salt. Refrigerate.

About one hour before serving:

Place pineapple slices on cookie sheet, sprinkle with lemon juice, brush with some melted butter, sprinkle with sugar. Shape tuna mixture into 5 cones. Dip each in lightly beaten egg whites, then roll in corn flakes until coated. In large deep skillet heat 1½ in. salad oil to 350°F. on deep fat thermometer. Preheat broiler as directed. Fry cones all at one time in hot oil until golden brown; drain on paper towels; keep warm. Meanwhile cook broccoli and broil pineapple slices, 3 to 4 in. from heat for 8 min. or till golden. Heat mushroom soup. On large platter arrange border of pineapple slices; top each with a cone, spoon on some mushroom soup; sprinkle with papkrika. Then arrange broccoli in center. Pass remaining soup.

Another vegetable may be substituted for broccoli.

Fay Sawyer

FISH IN WHITE SAUCE

2 kilo fish (Lapu-lapu or Red Snapper)
3 big red fresh tomatoes
1 big onion
10 grains whole black pepper
2 tbs. salad oil
3 hard boiled eggs
1 cup cubed carrots
1 cup cooked peas
1 tsp. salt
1 tbs. flour

Clean fish. Cut tomatoes and onion into rings. Put fish in deep pan. Add four cups of water, tomato and onion rings, pepper, salt and salad oil. Boil for half an hour, turning fish after 15. min. When done, put fish on a platter, drain the soup and add the flour to make a thick sauce. Chop hard boiled eggs fine and spread over fish, with cubed carrots and peas. For six servings.

Margarita Kolodzik

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CREAMED TUNA

2 tbs. butter
4 tbs. flour
¾ tsp. salt
Few grains pepper
1 tsp. sugar
2 cups milk
Toast slices
1 can tuna, drained
1 can peas, drained
1 small can mushrooms, drained
1 tbs. chopped pimiento or
10 sliced stuffed olives

Melt butter, blend in flour, salt, pepper and sugar. Gradually add milk. Cook in double boiler over hot water, stirring constantly, until thick. Add tuna fish, peas, mushrooms, pimiento or olive slices. Heat thoroughly. Serve on toast.

Frances Sullivan

DEVILLED CHICKEN AFLAME

3 broilers each 1½ to 2 lbs.
½ cup soft butter
¼ cup fine crumbs
¼ cup flour
½ tsp. mustard, dry
½ tsp. salt
⅛ tsp. red pepper
2 tbs. dry red wine
2 tbs. whiskey

Prepare broilers for the grill and split into halves. Salt and pepper surface of the birds. Mix remaining ingredients to make soft spread, adding a little additional blended whiskey if necessary. Spread over surface (inside and out) of each half bird. Grill slowly over hot coals until well done. Remove birds to a flame-proof platter. Heat an additional ½ cup of the liquor and pour over the birds; set aflame. Serve as flames die down.

Serves 4 to 6. Don't forget to warm the blended whiskey before pouring over birds to set aflame; this is part of the secret of quicker, more lasting flame.

Nancy Deem

CHICKEN MOUSSE

1 cup chicken, diced
1 pkge. lemon flavored gelatin
1 cup hot broth
1 small can crushed pineapple, well drained
¾ cup juice from pineapple and water
1 cup celery, diced
1 small can pimientos, diced
Salt and pepper
½ cup mayonnaise
½ cup whipping cream

Dissolve gelatin in hot broth. Add water and pineapple juice and chill until mixture begins to set. Whip until gelatin turns foamy all through. Add chicken, pineapple, celery and pimientos. Fold in mayonnaise and cream which has been whipped very stiff. Chill in ice-box until firm (about 2 hours).

Serves 12. For a similar mousse substitute tuna fish for chicken and hot water for chicken broth.

Lil Hamby

POLYNESIAN CHICKEN

1 frying chicken, cut up
½ cup green pepper, cut into thin strips
1 cup pineapple chunks, drained
2 cups pineapple juice
1 cup cornstarch
1¼ cup brown sugar
1¼ cup cider vinegar
1 tsp. salt
¾ cup soy sauce
½ cup shortening

Mix together in saucepan: salt, ¼ cup cornstarch and brown sugar. Add ¼ cup soy sauce, the remaining brown sugar, vinegar and pineapple juice. Cook over low heat until thickened and clear. Set aside. Melt shortening. Mix remaining cornstarch and soy sauce together until smooth (it will be thick) and coat chicken. Brown chicken in hot fat. Drain off fat. Reduce heat. Return chicken to pan, covering each piece generously with sauce. Cover pan. Cook at low heat until chicken is done. Add peppers and pineapple last 5 min. of cooking. Serve plain or with rice. (Rice may be toasted, fried etc.).

Marie M. Willimont

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COCO-CHICKEN ADOBO
(Chicken Adobo with Cocomilk)

1 large fryer
1 clove garlic, crushed
½ tsp. peppercorns, crushed
½ cup vinegar
1 tsp. white sugar
Salt to taste
Grated meat of 2 coconuts

Marinate the chicken (which has been cut at joints) in vinegar, crushed garlic, crushed peppercorns and salt for about 15. min. Extract the pure coconut milk, set aside. To the coconut pulp add the coconut water and extract the coconut milk. Add this second extraction to the marinade and boil until the chicken is tender. Add the pure coconut milk and sugar. Simmer until the gravy is thick. Do not cover while simmering.

Mary Ann Rosales

CHICKEN ROLLS

¼ cup butter
¼ cup celery
½ cup mushrooms
¼ cup pimientos
¼ cup onions
3 tsp. flour
2½ cups diced cooked chicken
Salt and pepper to taste

Heat the frying pan, then add in butter. When it is melted, put in onions, celery, and mushrooms till lightly brown. Put in flour and add chicken stock to make the sauce thick. Then put the diced chicken in and roll it in the pancake.

Place in oven — pour grated cheese over it — brown slightly.

Pancake rolls: Mix together 3 eggs, 5 tsp. milk and 5 tsp. flour Fry in deep frying pan, like making a hot cake.

Edith Delahanty

CHICKEN KABOBS

Marinade:

½ cup soy sauce
2 tbs. lemon juice (or sherry if preferred)
½ tsp. monosodium glutamate
2/3 cup salad oil
¼ cup sugar
1 clove garlic, crushed

Kabobs:

3 chicken breasts, boned and cut into squares
¼ lb. chicken livers
12 squares cut from 2 green peppers
1 tomato cut into 6 wedges
6 mushrooms caps

Combine all the ingredients for the marinade and let chicken and livers stand in this for about 1 hour. Using two long skewers (about 8 in. or 9 in.) arrange alternating pieces of chicken, green pepper, mushrooms, chicken liver and vegetables. Brush with some of the marinade and place under a broiler about 4 in. from the heat.

Broil 20 to 25 min., brushing and turning frequently. Makes 2 servings. Serve with saffron rice.

Honora McCarthy

BREASTS OF CHICKEN WITH RICE

Breasts of 3 3-lb. chickens
½ cup butter
1 large can mushrooms sliced
1 medium onion grated
2-3 cups heavy cream
4 tbs. brandy
4 tbs. dry sherry (or white wine)
black pepper
8 oz. rice, cooked

Bone and skin chicken breasts and season with salt and pepper. Sauté chicken in butter over low heat for 20 min. or until rich brown. Remove chicken and keep hot. Add onion and mushrooms to the butter remaining in the skillet, stirring constantly.

Reduce heat and add cream very slowly, stirring continuously. Simmer for 5 min. Add brandy, wine and simmer 5 min. Arrange chicken breasts on rice and pour sauce over it.

Frances Sullivan

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THE ORIGINAL CHICKEN A LA KING

¼ cup chopped green pepper
1 cup mushrooms, thinly sliced
3 cups chicken cooked and cut in pieces
2 tbs. butter
2 tbs. enriched flour
¾ tsp. salt
2 cups light cream
3 egg yolks
¼ cup diced pimiento
¼ cup soft butter
1 tsp. onion juice
1 tbs. lemon juice
2 tbs. cooking sherry
½ tsp. paprika

Cook green pepper and mushrooms in 2 tbs. butter until tender but not brown; push vegetables aside and blend flour and salt into butter. Gradually stir in cream, cook and stir until sauce thickens. Add chicken, and heat thoroughly, stirring occasionally. Meanwhile blend egg yolks, paprika, and ¼ cup soft butter in small bowl and set aside. To chicken mixture add onion juice, lemon juice and sherry. Be sure that chicken is bubbling, then add yolk mixture all at once, stirring until blended. Immediately remove from heat.

Add pimiento. Make toast chickens (cut out bread with cookie cutter) for garnish. Serve at once in cheese toast cups. Makes 8 servings.

Ruth Pearson

BAKED CHICKEN IN TARRAGON SAUCE

The tarragon is the secret of a completely different flavor. Do not attempt this without the chopped tarragon leaves.

Sauce:

1 pint commercial sour cream
1 tsp. tarragon leaves
2 tbs. chopped chives (optional)
½ tsp. salt
2 tbs. white vinegar
½ tsp. sugar

Dredge disjointed frying chicken pieces first in flour and then in the sour cream sauce, coating all over thoroughly. Place pieces in baking dish, sprinkle with paprika and bake in oven at 350°F. for 1 hour or until chicken is cooked and browned nicely. This recipe for sauce should be increased according to the size of your chicken. Always allow for plenty of sauce.

Helen Cupps

CHICKEN CANNELLONI

2 cups ground chicken meat
½ bundle spinach, chopped
1 can pork sausage ground
2 onions chopped finely

Blend ground chicken, spinach, pork sausage and onion and cook gently in melted butter. Add 1 tbs. flour to thicken. Put portions on french pancakes and roll up. Place in fireproof dish and keep warm.

Sauce:

½ cup butter
½ cup flour
soup stock
½ cup wine
¾ cup grated cheese
¾ cup light cream

Melt butter in saucepan and add flour; blend thoroughly. Add 1 cup soup stock gradually, stirring all the time. Season with salt and pepper to taste. Bring to boil, stirring constantly. Add wine and cream. Remove from heat and pour over pancakes. Sprinkle cheese over top and put under broiler until lightly browned.

Baguio Country Club

OVEN FRIED DRUMSTICKS

24 chicken drumsticks
½ cup flour
2¾ tsp. salt
½ tsp. pepper
2 tsp. paprika
1 tsp. curry powder
3 tsp. poultry seasoning
½ cup butter or margarine

About 1 hour 15 min. before serving, preheat oven to 450°F. Push skin of each chicken leg up over broad cut end. In a heavy brown paper bag, combine flour, salt, pepper, paprika, curry powder and poultry seasoning. Fashion two pans each 13 in. by 9 in. by 1 in. from double thickness of regular foil or single thickness of heavy-duty foil. Lay each pan on cookie sheet, place ¼ cup butter in each. Set in oven to melt butter. Place about 3 chicken legs at a time in bag with flour mixture. Shake to coat legs well, remove, and arrange in one of the pans. Bake two pans of chicken, uncovered on two racks in oven for 30 min. Then turn legs and bake for 15 min. longer or until fork tender and golden brown.

Fay Sawyer

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OVEN FRIED CHICKEN

Stew chicken until tender.

Prepare flour mixture same as above, omitting the poultry seasoning, paprika and curry. Dip chicken in undiluted Carnation milk, then in the flour. Next dip in beaten egg to which lemon juice has been added and roll in finely ground crackers to which paprika has been added. Place in pan, sprinkle lightly with paprika and baste with melted butter. Place in oven until golden brown.

Fay Sawyer

MUSTARD CHICKEN

2 tbs. lemon juice
1½ tsp. Kitchen Bouquet
1 Chicken
½ cup butter
2 tsp. grated onion
1 tbs. prepared mustard
1 tsp. salt

Arrange a tender chicken, either split or cut up for frying, in a greased baking dish, skin side up. Cream butter, gradually adding other ingredients and brush mixture over the chicken. Bake at 350°F. until done (about 1 hour 15 min.) basting occasionally after the first 30 min.

Betty Ploesser

CHICKEN RELLENO

1 big chicken
2 cups ground pork
3 cups ground chicken
2 Chorizo de Bilbao, chopped fine
1/3 cup grated cheese
¼ cup cooked ham, chopped fine
salt and pepper to taste
2 dill pickles chopped fine
3 tbs. soy sauce
3 tbs. calamansi juice
2 hard-boiled eggs, quartered
4 raw eggs
2 tbs. margarine
¼ cup diced celery

Garnish: 2 sprigs parsley

2 small pieces carrot
chopped pickles

Prepare chicken for stuffing. Remove all bones, leaving skin, wings and legs intact. Soak in soy sauce and calamansi juice for 30 min. Mix ground pork, chicken, chopped ham and chorizos, dill pickles, celery, cheese, raw eggs and salt and pepper to taste in a large mixing bowl. Stuff chicken with meat mixture, placing quartered eggs in the center of the mixture. Sew the opening and steam for 30 min. Remove and fry in deep hot fat until brown. Place on a platter and garnish with parsley, carrots and chopped pickles.

Jolly Serron

CHICKEN A LA NARANJA (ORANGE)

1 med. sized chicken (dressed)
1 med. onion sliced
1 med. carrot quartered
1 med. can tomato paste
1 small bay leaf
2 tbs. flour for thickening
1 clove garlic chopped
1 large orange sliced
1 tbs. orange rind
3 tbs. olive oil
¼ cup cointreau

In a shallow baking pan place chicken and vegetables and sprinkle with the olive oil. Place in a moderate oven 350°F. and let brown. Baste occasionally. When the chicken is brown, dust the mixture with flour and return to the oven to brown. Add the cointreau and meat stock (about 1 cup) and salt and pepper, cooking (about 1 hour) until the sauce is reduced and meat is soft.

Transfer the chicken to a hot platter. Let gravy and the cooked vegetables pass through a fine sieve until fine. Add the orange rind and cook for 5 min. on top of a double boiler. Pour into a gravy boat.

On the hot platter pour gravy on the chicken and more cointreau. Return to oven and heat for 5 min. (covered) until bubbly. Arrange around chicken on platter boiled peas, potatoes, orange slices and garnish with chopped parsley. Serves 4.

Lita Perfecto

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CHICKEN CACCIATORA

4 lbs. spring chicken cut in pieces
½ cup flour
2 tsp. salt
½ cup onions chopped
¼ cup carrots chopped
3 sprigs parsley
1 basil or bayleaf
4 cups tomatoes
Dash pepper
¼ cup marsala, sherry or white wine

Dredge chicken in flour, sprinkle with 1 tsp. salt and brown chicken pieces in fat until golden on all sides. Place in covered dish in warm place. Brown onions, carrots, parsley and bay leaves in fat chicken was fried in. Strain tomatoes and add 2 cups of tomato pulp to browned vegetables in frying pan. Season with salt, pepper and bring to boil. Add chicken and wine and simmer 30 min. Serves 4.

Florence A. Loveles

STUFFED DUCK

1 duck or chicken
½ cup Chinese mushrooms
¼ kilo pork
¼ kilo water chestnut (or 1 can)
⅛ kilo ham
2 tbs. green onions
Calamansi juice
4 slices ginger
1 tbs. soy sauce
1 raw egg
1 tbs. Vet Sin*
¼ cup wine
1 onion
Salt and pepper

Clean duck or chicken. Add seasonings: salt, pepper, calamansi or lemon juice, ½ tbs. soy sauce and 1 tbs. Vet Sin. Let it stand for 10 to 15 min. Grind pork, add seasonings: salt, pepper and calamansi juice, and 1 raw egg. Clean water chestnuts and make a hole inside; stuff with ground pork mixture. Set aside. Combine ham, cut into cubes, diced mushrooms, 6 water chestnuts cut into slices, and green onions chopped fine, with remaining ground pork and put inside duck. Sew up, and fry duck in 3 tbs. oil. Put duck in casserole, add fried ginger, wine, 1 onion and 2 green onions, and ½tbs. soy sauce. Add stuffed chestnuts. Add 1 cup water and cook slowly until tender. When duck is tender, mix well 2 tbs. cornstarch, 1 tbs. flour, 1 tbs. soy sauce, 2 tbs. water, and pour over stuffed duck, stirring constantly for 10 min.

Violeta H. Adorable

* *See Table of Equivalents.*

DUCK

1 young duck, disjointed
strong beef stock
salt and pepper
3 doz. olives
2 onions

Chop and onions, duck liver, gizzard and heart with 12 stoned olives and mix with sufficient hot stock to cover duck. And seasoning and stir well until sauce is thick. Place pieces of duck in sauce and simmer for 1 to 1½ hours. Add remaining olives and serve.

Lupita Coromina

CRAB CIOPPINO

2 crabs, cooked or live
4 # clams (optional)
2 cans tomato sauce
2 cans mushroom sauce
1 can water
2 medium onions, chopped
2 cloves garlic, chopped
Parsley (½ tsp. dried, or 1 tsp. fresh)
Black pepper
Lawry's Seasoned Salt
Oregano
1 Bay leaf
Basil
Grated Parmesan Cheese
½ cup olive oil
1 small can olives (black)

In a deep kettle put olive oil, chopped onions and garlic, and parsley, and simmer over low heat till a golden brown. Sprinkle black pepper and Lawry's Seasoned Salt and simmer a few minutes more. Add 2 cans tomato sauce and 2 cans mushroom sauce, 1 can water, and simmer about 1 hour. Add bay leaf, oregano, basil.

Wash and disjoint crabs. (Crack crabs slightly — do not break it entirely.) Wash clams several times in water until all trace of sand is gone. Add crabs and clams to tomato sauce, add olives, sprinkle grated Parmesan Cheese, and cover with lid till it comes to a boil; lower heat and continue boiling for 20 minutes and no more. Shake kettle once in a while or tomato will stick.

If you have any white fish, cut into pieces and put on top of crab. You may also add prawns if you like. Serve with noodles. Serves 6.

Sandy Ball

SEAFOOD TOMATO STEW

¼ cup olive oil
3 cloves garlic
2 cans (1 lb. size) stewed tomatoes
1 bay leaf
1 tsp. dried basil
½ cup chopped parsley
2 inch strip orange rind
1 qt. water
1 tblsp. salt
1 tsp. sugar
2 cans tuna fish
1 can Alasha crab (7½ oz.)
1 can (7½ oz.) minced clams

Heat oil in large pan. Add next 6 ingredients; simmer briskly 10 min. Add water, salt, sugar then drained tuna, in large pieces; crab and clams with liquid. Bring to a boil; serve. Serves 6.

Connie Wilkie

STUFFED CHICKEN BREAST

6 chicken breasts. Pound very thin, season with salt and pepper. Set aside.

Filling:
Mix following ingredients in large mixing bowl:

4 cups toasted bread cubes
2/3 cups chicken broth
4 tblsp. melted butter
2 tsp. salt
1 tsp. pepper
1 tsp. monosodium glutamate
¼ cup chopped celery
¼ cup chopped parsley
¼ cup choppen onion
1 small can chopped mushrooms

Stuff chicken breast and roll in flour. Fry in hot oil until golden brown. Sprinkle with paprika if desired.

Sharon Tesoro

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SCAMPI

1 cup butter
¼ cup olive oil
1 tablespoon parsley
¾ teaspoon basil
½ teaspoon oregano
1 garlic clove minced
¾ teaspoon salt
1 tablespoon lemon juice
1 pound large fresh shrimp

Preheat oven to 450. Welt butter and add olive oil, parsley, basil, oregano, garlic, salt and lemon. Mix well. Peel and devein shrimp, leaving the tail attached. Split down the inside lengthwise, being careful not to cut through the shrimp. Spread open and place in shallow baking pan, tail up. Pour sauce over all and bake for five minutes. Place under broiler for five more minutes — long enough to brown.

Patti Gioia

CHICKEN SPAGHETTI

1 hen, steamed (save all broth)

In skillet, fry in small amount of fat or oil:

2 large onions, chopped
2 bell peppers, chopped
3 pieces celery, chopped
1 bunch green onions and tops

Add: 1 can Italian tomato paste and cook over low fire until it turns dark.

Add: ½ cup chopped parsley
4 cloves chopped garlic
chicken (bones removed)
¼ cup Worcestershire sauce
salt to taste
1 bay leaf

Add enough broth to float all ingredients. Simmer 1 hour, adding broth as needed. Boil 12 oz. of small spaghetti in chicken broth. (Add water if not enough broth.) When done, drain spaghetti and add to chicken mixture. Serve at once.

The chicken mixture can be made ahead and used as needed, or frozen if you do not add the spaghetti.

Doris Hamilton

POLLO (CHICKEN) A LA PLATA

1 chicken
½ cup soy sauce, with ¼ cup water
1 onion
salt and pepper to taste
flour
lard
white wine or brandy (optional)
bay leaf

Cut chicken into 4 parts. Marinate in the soy sauce with water, minced garlic, a dash of black pepper. Add salt to taste. Do this 3 to 4 hours before cooking time. Remove chicken from marinade. Dust generously with flour and fry till golden brown, frying chicken with lard drippings. Pour the marinade mixture into casserole, add quartered onions and bay leaf. Cover, and simmer on slow flame until chicken is fork tender. Add white wine or brandy and simmer till gravy is thick enough for your taste. Serves 4.

Ciony B. Plata

FISH FLORENTINE

Boil 1 pound of filet or sole or Lapu-lapu or any white fish. Remove bones, keep one cup of liquid for sauce.

Cook, drain and chop one pound of spinach. Season and place in shallow baking dish. Keep warm. Melt 2 tablespoons of margarine and blend 3 tablespoons of flour, 2 cups of milk and 1 cup of fish broth. Add ¼ cup of grated swiss cheese and 2 tablespoons parmesan cheese. Cook until thickened. Add fish and pour over spinach. Sprinkle with ¼ cup more of swiss cheese. Put under broiler until golden brown and bubbly. Excellent for luncheons as it can be made in advance.

Ruth Pessin

CHICKEN BREAST AND CHIPPED BEEF

8 chicken breast, de-boned
Roll and wrap each with a strip of bacon
½ pint sour cream
1 can mushroom soup
4 oz. chipped beef

Place chipped beef on bottom of casserole, then chicken breasts. Cover with mushroom soup and sour cream. Bake at 300 degrees for 3 hours, without cover. Delicious!

Evelyn Wilber

CHICKEN MARENGO (POULET MARENGO)

3 or 3½ lb. chicken, cut up
2 tblsp. butter
2 tblsp. olive oil
flour, salt
1 large onion, choped
2/3 c. dry white wine
3 tsp. tomato paste
water
½ lb. mushrooms
1 large clove garlic, choped

While the butter and oil are heating in a large frying pan, roll each piece of chicken in flour seasoned with salt. Add the chopped onion and garlic. Fry gently for 2 minutes then add the wine. Simmer 3 minutes. Add the tomato paste and enough water to give a thin sauce but not enough to cover the chicken. Cover and cook over a gentle heat for 25-30 minutes. Wash mushrooms and add them, caps and stems, to the chicken. Cook 10 minutes longer.

Lou Sciple

BREAST OF CHICKEN IN WHITE WINE
Serves 12 or 24, Small 12 whole

12 whole chicken breasts split and nicely browned in ½ lb. butter or margarine.

Remove from pan. Add to butter in pan and brown:

2 cups chopped onion
½ lbs. mushrooms
2 cloves garlic crushed

Remove these. Make gravy in pan

½ cup flour
½ tsp. salt, ½tsp. pepper, ½ tsp. dried thyme leaves.
2 cans chicken broth
4 chicken livers boiled and crumbled

Add 2 cups Sauterne. Then place chicken, onion etc. in a baking dish and bake in 400° oven 30 minutes. Can add a little gravy seasoning for color. Garnish with parsley. I use red rice or a mild fried rice with this.

Jerry Reed

TUNA AND CASHEWS

1 large can tuna
1 can cream of mushroom soup
1 large can chow mein noodles
½ lb. cashews
1 cup celery
1 large onion
2 tblsp. butter

Saute onion in butter, add celery, cook 5 minutes. Add soup, tuna and cashews. Cook for 10 minutes. Pour mixture in serving dish, sprinkle with chowmein noodles. Serve piping hot. Serves 4-6.

Jean Kriddle

CASIMON PISING

Ingredients:

Cucumber	—	3 medium (pared and cut in halves)
Milk Fish	—	1 large (scales, gills, fins and intestines removed)
Celery	—	4 large outer stals (sliced diagonally)
Rufina Patis	—	2 tblsp. (bottled rufina patis with blue-green label)

Method:

Cut fish diagonally in two. Sprinkle on little salt then fry until golden browned. Remove from pan and set aside.

Slice cucumber lengthwise into 8 pieces then saute in 1 tblsp. corn oil for 3 minutes. Add celery. Stir and pour in 1 cup water. Let it simmer then add 2 tblsp.. rufina patis. Put fried fish and cook for 5 minutes. Serve hot. 3 to 4 servings.

Lolita A. Dangwa

MEAT, CHEESE AND SAUCES

"Jack Sprat could eat no fat, His wife could eat no lean
And you see betwixt them both, They licked the platter clean."

BEEF AND CURRY ROLL

3 tbs. salad oil
½ cup chopped onion
1 lb. ground beef
2 cups chopped mushrooms
2 tsp. salt
½ tsp. pepper
1 tbs. curry powder
1 cup thick cream sauce
2 cups sifted flour
½ tsp. salt
2 tsp. baking powder
4 tsp. butter
½ cup white wine
1 egg yolk beaten

Heat oil in a skillet; saute the onion, beef and mushrooms for 10 min., stirring frequently to prevent lumps from forming. Add the salt, pepper, curry powder and cream sauce to the meat. Mix well and set aside to cool.

Preheat oven to 400°. Sift flour, salt and baking powder into a bowl; cut in the butter. Stir in the wine until a ball of dough is formed. On a lightly floured surface roll out the dough in a rectangle, 1/3 in. thick. Spread the beef mixture over it and roll up like a jelly roll. Seal the edges well with water or egg white and brush the top with the egg yolk. Place on a buttered baking pan. Bake for 35 min. or until browned. Can be served hot or cold; plain or with a sauce made with 1 cup sour cream mixed with ¼ cup chutney. Good as a meal dish and also as "something different" for cocktails. Serves six for a meal.

Marjorie Jones

VEAL BIRDS

4 slices veal cutlets, about ½ in. thick
1 cup soft bread crumbs (as in turkey or chicken dressing)
2 tbs. chopped onion
1 tbs. chopped parsley
2 tbs. chopped celery
½ tsp. salt
⅛ tsp. pepper
1 tbs. melted butter
1 cup water
2 tbs. flour
1 cup cream or evaporated milk

Combine bread crumbs, chopped onion, parsely celery, salt and pepper. Spread this mixture on veal slices, roll up and fasten each one with tooth picks or skewers in such a manner that the crumb mixture will not spill out.

Melt butter in a skillet, add the meat rolls, and brown well on all sides. When browned sufficiently remove from the skillet and place in a baking dish or casserole.

To the skillet add one cup of water and bring to a boil, scraping the brown from the bottom and sides of the skillet as it heats. Pour this over the meat rolls and bake in a moderate oven (350°F.) for 30 min.

Mix the flour with the cream or evaporated milk to make a smooth paste, pour over the meat rolls and continue baking for another 30 min. Remove the tooth picks before serving.
I very often substitute 1 can of cream of mushroom soup for the flour and cream mixture.

Judy Davidson

BARBECUED PORK CHOPS

Fry 4 to 6 pork chops, slightly salted. Then mix together the following ingredients:

1 cup catsup
½ cup vinegar
¾ cup brown sugar
½ can tomato soup
Chilli powder to taste

Pour sauce over fried pork chops and boil for about 15 min. stirring occasionally.

Dorothy Kretzmann

BAKED GLORIFIED BEEF STEW

1½ lbs. stew beef
2 tbs. flour
½ tsp. salt
¼ tsp. pepper
2 stalks celery cut up
4 carrots, cut up
6 medium potatoes
8 small white onions
1 bay leaf
2 cloves
1 can tomato soup
¾ cup water
1 pkge. frozen peas, or
1 can peas

Mix flour, salt, pepper. Dredge meat. Brown in pan with a little fat. Add vegetables. Mix tomato soup and water. Add bay leaf and cloves. Pour over meat and vegetables. Bake in a covered roaster 2 hrs. at 350°F. When done, add cooked peas.

One or two long white radishes, cut up, may be added to stew to improve flavor.

Susan Farmer

STEAK AND KIDNEY PUDDING

Cut 1 oz kidney and 1½ lb. stewing beef into small pieces. Coat with 2 tbs. flour mixed with salt and pepper to taste. Place in a basin to come within two in. of the rim. Add sufficient water to come just below the top of the meat.

Crust:

6 oz. flour
3 oz. grated suet (beef fat)
Pinch salt
1 heaped tsp. baking powder
2 tbs. finely chopped green onion or leek
Water to mix to a dough

Mix the dry ingredients of the crust thoroughly and then add water to make a soft but not sticky dough. Pat out into a round on a floured board and place on top of the meat. It should overlap the edges of the basin slightly. Cover with foil and tie a cloth over it. Place on a rack in a pan of boiling water that reaches halfway up the basin and allow to boil for 4 hrs. or any time longer that is convenient. Replace water that boils away with boiling water, not cold. When serving, have ready hot stock to dilute the gravy, which will be very thick.

Elizabeth Mackenzie

BURGER STRONGANOFF

3 tbs. butter
2 lb. ground round beef
1 tsp. seasoned salt
1 tsp. garlic salt
salt and pepper to taste
1 onion, peeled and chopped
½ green pepper, cored and chopped
9 or 10 mushrooms, sliced
2 stalks celery, chopped
1½ cups canned tomatoes
1 cup sour cream

Melt butter in a large, heavy skillet, then add the meat and seasonings. Brown the meat. Stir in onion, green pepper, mushrooms and celery; saute, stirring until onion is golden and transparent. Add tomatoes, reduce heat, cover skillet and simmer for 20 min. Remove cover, stir well, and then just before serving, mix in the sour cream. Serve over cooked rice. Makes 4 to 6 servings.

Ivie Miley

SAUEBRATEN

2 kilos beef, chuck, rump or round (should be in a thick piece, as for pot roast). Wipe meat, rub 1 tbs. salt and ½ tsp. pepper well into it. Place in glass or enamelware bowl. Combine 6 sliced onions, 4 carrots cut in strips, 3 stalks chopped celery, 5 whole cloves, 4 peppercorns, 4 bay leaves, 1 pt. red wine vinegar and enough water to completely cover the meat. Cover and put in refrigerator for 5 days, or longer if more convenient.

Remove meat, drain well. Put 2 tbs. fat in dutch oven or heavy utensil, sear on all sides. Add vegetables and 1 cup of marinade. Bring to boil, lower heat and simmer for 3 hrs. or until meat is tender, adding more marinade as it evaporates.

When meat is done make gravy using 6 tbs. melted butter, stir in 5 tbs. flour, add juice from meat and additional marinade. When thickened add 10 or 12 crushed ginger snaps. Serve with potato pancakes.

Ann Westerfeld

CORNISH PASTIES

Pastry:

1½ cups sifted flour
½ tsp. salt
½ cup shortening
4 tbs. cold water

Filling: (all ingredients raw)

2½ cups sliced potato
1½ cups chopped turnip
1-1½ lb. finely chopped round steak
¾ cup minced onion
Pepper and salt to taste

Make and roll the pastry and cut it into 4 8-in. circles. For each pasty take one piece of pastry and, using half the circle only, place on it in layers ¼ of the ingredients in the order given. Season generously and moisten with a little beef dripping if available, or a few drops of water. Fold the other half of the pastry over the filling to form a semicircle, moisten the edges with water and pinch them together to seal. Brush with milk and place on greased paper on a cooky sheet. Bake at 425°F. for 45 min. to 1 hr. Serves 4.

Elisabeth Inns

BARBECUED SPARE RIBS

2 lb. pork spare ribs
(2 lb. pork loin)
1 onion chopped
1 oz. drippings
2 tbs. wine vinegar
1 tbs. Worcestershire sauce
juice of 2 lemons
1 tbs. brown sugar
¼ pt. chilli sauce
½ tsp. salt
paprika

Put the meat in a pan, cover with grease proof paper and bake in a hot oven for 15 min. Make the sauce described below Remove the paper and pour sauce over the meat. Cook in a medium hot oven for 1 hr., basting frequently.

The Sauce

Melt the drippings and cook the onions until brown, add ½ pt. water and the other ingredients; simmer for 20 min.

Cecilia Jenson

STUFFED CABBAGE

1 large cabbage
1 lb. chopped veal
¾ lb. chopped lean pork
5 shallots, minced finely
2 garlic cloves, minced finely
4 sprigs parsley, minced finely
1½ tsp. salt
½ tsp. pepper
2 tbs. butter
1 large onion, chopped
2 large carrots, sliced
1 cup meat stock
1 bay leaf
¼ tsp. thyme

Remove the imperfect leaves from the outside of a large cabbage, and wash it carefully. Place the cabbage on a rack over the sink and pour gradually over it a large kettleful of boiling water, while gently separating the leaves. While the cabbage is draining, prepare the following stuffing:

Blend together the veal, pork, shallots, garlic, parsley, salt and pepper.

Arrange a few pieces of string crisscross on a board, place the cabbage on the string, and carefully insert the stuffing between the leaves. When the stuffing is all used, tie the strings around the cabbage and close it carefully. Heat 2 tbs. butter in a saucepan large enough to hold the cabbage, add 1 large onion, finely chopped, and 2 large carrots, sliced. Place the stuffed cabbage over this bed of vegetables, pour 1 cup meat stock into the saucepan, and add 1 bay leaf and ¼ tsp. thyme. Cover the saucepan tightly, place it over a very low fire, and allow the contents to simmer gently for 2½ to 3 hrs. or until the meat is tender. Carefully remove the cabbage onto a heated platter and surround it with the onions and carrots. Serve very hot.

Nita Fleisher

CHATEAUBRIAND STEAK

1 piece fillet of beef 1½ — 2 lbs.
1 cup mushrooms (canned or fresh)
Sherry
salt and pepper
1 in. slices of bread

Trim the meat. Season with salt and pepper. Place on wire tray and under medium grill. Keep turning and baste occasionally with oil to prevent charring. Approximate grilling time for rare meat within — 20 min.; longer for well-done. Remove and keep hot.

Saute the mushrooms in pan juices until tender. Place meat on lightly toasted pieces of crustless bread and arrange mushrooms round it.

Add 1 tbs. flour to pan juice, bring to boil, add seasoning and sherry to taste for sauce. Garnish meat with stuffed olives, carrots, etc. Serves 4.

Baguio Country Club

GASTON BEEF STEW

Cut into small pieces ¼ cup bacon and saute it over a slow fire. Add ½ kilo beef cut into pieces for stewing. Brown the meat over a quick fire. Take out the bacon while doing this but return later. Sprinkle the meat with 1 tbs. flour, 1 tsp. salt, and ¼ tsp. pepper. Combine and heat 1 small clove of garlic, chopped, 1 large onion, chopped, 1 bouillon cube dissolved in ½ cup hot water, 1 can tomato sauce, 6 peppercorns, ½ bay leaf, 2 cloves, 2 tbs. parsley, chopped.

Simmer at a low heat in a soup kettle for 3 hrs. Then add ¼ cup sherry or wine and cook 1 hr. more.

Cook 4 potatoes, 8 small carrots, 1 stalk celery and add the last 15 min. of cooking.

This dish goes well with French bread; cucumber, artichoke, green pepper salad; and cantaloup.

Flora Crosby

NORTH CAROLINA BRUNSWICK STEW

Boil one hen (5 or 6 lbs.) until the meat is ready to fall off the bone. Remove from stock, separate meat from skin and bone and return meat to stock. Let it come to a boil.

Next, add 5 or 6 large potatoes diced into small cubes and 3 medium-sized onions, chopped.

When the potatoes are done, add two large cans of tomatoes, one package small frozen butterbeans, and salt, pepper, Tabasco and Worcestershire sauce to taste.

After the stew cooks down for about an hour, add one can of whole yellow corn.

Tar Heels like this dish served with hot corn bread and a green salad.

Betty Ploesser

MEAT LOAF

1½	lb. ground meat	1	tsp. salt
½	cup minced onion	1	egg
¼	cup minced green pepper	1	tsp. dry mustard
½	cup bread crumbs	¼	cup catsup
1	tbs. horseradish	¼	cup milk

Heat oven to 400°F. Beat egg lightly, then add meat a little at a time. Put in rest of ingredients and mix well. Be sure to mix lightly. Place mixture in baking dish; top with ½ cup catsup if desired. Bake for 45 min.

Lourdes Gesner

BEEF STROGANOFF

2 lbs. round steak — cut into ¾ in. cubes
¼ cup flour
2 tsp. fat
½ cup chopped onions
1 clove garlic, minced
1—6 oz. can broiled mushrooms
1 cup sour cream
1 can cream of mushroom soup
1 tbs. Worcestershire sauce
½ tsp. salt
⅛ tsp. pepper

Dredge meat in flour. Brown in hot fat in large frying pan. Remove meat — add onions, garlic and mushrooms. Cook gently until onions are golden. Add remaining ingredients. Cook gently until thick and bubbly. Return meat and simmer, stirring occasionally, about 1 hr. or until tender. Serve over noodles or rice. Serves 4 to 6.

Jean M. Boitano

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MORCON

1 kilo lean beef
¼ cup ground ham
½ cup ground pork
2 tbs. grated Queso de bola
¼ cup sweet pickles
2 tbs. seedless raisins
2 hard-boiled eggs, quartered
1 tsp. toyo
juice of 3 calamansi
salt and pepper to taste
1 unbeaten egg

Slice meat into a sheet about ¼ in. in thickness. Spread out and season with salt, pepper, calamansi juice and toyo. Mix the rest of the ingredients, season to taste, and spread over meat. Roll as you would jelly roll. Secure with string.

Place in deep cooking vessel and cover with 2 cloves garlic, ½ cup tomato sauce, toyo and pepper to taste, a small piece of laurel leaf. Simmer until tender. Drain and slice crosswise, and serve with gravy.

Jolly Serron

BEEF STEW MARGARITA

2 lbs., 1 in. cube, cut-up beef, tender,
¼ lb. melted butter

Shake the beef in a paper bag with flour, salt, pepper, poultry seasoning, nutmeg and cinnamon. Brown in the butter.

Then add:

1½ cloves chopped garlic
1 can tomato sauce
1 can onion soup or two cups homemade soup
12 whole pepper corns
3 whole cloves
¼ cup chopped parsley
½ bay leaf

Simmer for two hours and then add:
½ cup sherry or dry white wine
2 cups cubed or small potatoes)
2½ cups cubed or small onions) precooked
Cubed carrots and turnips — optional) or white radish
Soothing for disgruntled males!!

Jerry Reed

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SPAGHETTI MEAT SAUCE

2 medium onions, chopped
2 tsp. butter
1½ lb. ground beef
2 cloves garlic, minced
2 1-lb. cans (2 cups) tomatoes
2 8-oz. cans (2 cups) seasoned tomato sauce
1 small can tomato paste
1½ tsp. oregano
1 tsp. salt
½ tsp. monosodium glutamate
¼ tsp. thyme
2 bay leaves
½ tsp. spaghetti sauce seasoning
1 cup water

Cook onions in butter until golden. Add meat and garlic and brown lightly. Add remaining ingredients. Simmer uncovered 2½ to 3 hours or until sauce is thick. Stir occasionally while cooking. Remove bay leaves. Serve over hot cooked spaghetti.

Frances Sullivan

STEAMED MEAT

1 kilo beef or pork sliced into 4 pieces
2 onions cut into rings
4 big fresh tomatoes, cut into 3 parts each
4 pieces garlic, crushed
¼ kilo parsley leaves
4 green pepers, cut into 6 pieces each
Salt and pepper to taste
4 big potatoes, cut into 4 pieces each

Wash meat and drain. Arrange a few onion rings on bottom of pan, follow with one piece of meat, then alternate all vegetables on top of each piece of meat; add pepper and salt to taste and simmer on low fire till meat is done. Six servings.

Margarita Kolodzik

STEAK DIANNE

1 lb. best steak
1 tbs. butter
1/3 cup sherry
1 clove garlic
2 tbs. shallots or 1 tbs. chives and 1 tsp. parsley and herbs chopped

Place steak on large plate — sprinkle with sherry and chopped shallots. Allow to stand for 2 hours. Melt butter in pan with garlic. Remove garlic. Place meat in and brown both sides. Reduce heat and cook gently. Pour remaining sherry into pan. Serve steaks immediately with creamy mashed potatoes and green vegetables. Pour over juices from the pan.

Lenore Callow

BARBECUED CHUCK ROAST

5 lb. chuck roast (about 2 in. thick)
Meat tenderizer
1-5 oz. bottle soy sauce
¼ cup brown sugar, packed
1 tbs. lemon juice
¼ cup Bourbon
1 tsp. Worcestershire sauce
1½ cups water

Early in the day put tenderizer on meat as directed on label. Mix rest of ingredients. Put in a deep dish and add meat. Refrigerate for 5 or 6 hours. Turn once. Then grill 30 min. on each side or to desired doneness.

Patricia Blair

MEAT MOULDS

12 oz. cold meat
6 oz. cooked potatoes
1 small parboiled onion
1 tsp. chopped parsley
¼ pt. stock
1 egg
Salt and pepper

Mince meat, sieve potatoes, chop onion and parsley and mix altogether. Bind together with stock and beaten egg. Season to taste. Grease six individual moulds (or deep muffin pans) and sprinkle with dry brown crumbs. Fill with mixture and cover with wax paper. Bake for 15 to 20 min. in moderate oven. Serve with rolls and salad.

Mary Martin

PUFFY CHEESE OMELET

8 eggs, separated
1 tsp. salt
¼ cup milk
½ cup grated sharp cheese
Pepper to taste

Beat egg yolks until thick and lemon-colored.
Add ¼ cup milk and ½ cup cheese, salt and pepper.

Beat egg whites until very stiff, cut and fold them into first mixture, carefully.

Heat skillet, add butter and swish to grease sides. If skillet does not have heat-proof handle, wrap handle in thick foil. Add omelet mixture and cook slowly. Sprinkle grated cheese on top if desired. When bottom is delicately browned and omelet well-puffed, place under broiler to brown top and melt cheese. This omelet may be folded over, but since it is 3 in. high, it can be served attractively by cutting in pie-shaped wedges. Serves 4 to 6.

Charlotte West

CHEESE TOAST CUPS

1 lb. 4 oz. unsliced sandwich loaf
1/3 cup butter, melted
1 beaten egg
½ cup light cream
2 cups (½ lb.) shredded sharp processed American cheese

Freeze bread for easy handling. Trim crusts from unsliced loaf; cut in jumbo slices, each 1¾ in. wide. Continue as below.

For square cups: Cut a long slit ½ in. from bottom of each slice, extending to within ½ in. of the corners and other sides. Leaving ½ in. around all sides, cut a square straight down from the top all the way to the slit. Lift out inner square.

For triangles: Cut each big slice diagonally in half. On the long side of each triangle, cut a slit ¼ in. from the bottom, extending to within ¼ in. of the corners and other side—careful, don't cut through. Leaving ¼ in. around all sides, cut a triangle straight down from the top all the way to the slit. Lift out inner triangle.

For Cheese Custard Linings. Place bread cups on ungreased baking sheet; brush with butter, inside and out. Combine egg, cream and cheese; fill cups ½ full. Bake in moderate oven (350°F.) 15-20 min. or till golden brown and custard is set. Fill with chicken a la king.

Ruth Pearson

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CHEESE OMELETTE

Beat together:

4 eggs
2 tbs. milk
1 tsp. Season-All
1 tsp. parsley
¼ tsp. black pepper

Stir in:

½ cup grated cheddar cheese

Pour into hot buttered skillet. When eggs are set, fold omelette. Serves 2.

Eleanor Chambers

CHEESE SOUFFLE PIES

Make pastry for pie crust — or 12 small muffin cases.

Filling:
½ oz. butter
½ oz. flour
¼ pt. milk
3 oz. grated cheese
1 egg
salt and pepper

Melt butter and stir in flour. Add milk and cook gently for 5 min., stirring all the time. Beat in cheese and egg yolk away from heat. Season with salt and pepper. Whisk egg white until stiff and fold into mixture. Pour into pastry cases and bake 30 min. in hot oven.

Mary Martin

CURRY SAUCE

½ cup minced onion
5 tbs. butter
6 tbs. flour
2½ tsp. curry powder
1¼ tsp. salt
1½ tsp. sugar
¼ tsp. ginger
1 bouillon cube
2 cups milk
1 tsp. lemon juice

Saute onion in butter in top of double boiler. Stir in flour, curry powder, salt, sugar and ginger. Add bouillon cube which has been dissolved in boiling water and mix. Add milk and cook over boiling water, stirring constantly until thickened.

This curry sauce is suitable for shrimp, chicken, eggs or pork. About 4 cups of cooked, cleaned shrimp; or, minced chicken; or, minced pork; or, 10 or 12 hard cooked eggs cut in half. The lemon juice is added to the sauce when the bulk is added. The curry is served over hot rice with condiments such as chutney, chopped peanuts, dessicated coconut, chopped onions, relish, chopped ginger, etc. Serves 6.

Marjorie Jones

CRANBERRY SAUCE

Here is a delicious cranberry recipe to accompany your Thanksgiving bird if you are weary of the canned sauces and if you can get the fresh cranberries:

4 cups cranberries
2 cups sugar
1 cup claret wine
1 cup water

A few pinches of ground cloves (real small pinches)

Wash cranberries, combine sugar, wine, water and cloves in a deep saucepan and stir over low heat until sugar dissolves; boil 5 min. and then add cranberries. Cook until skins pop open, which should be about 10 min. Chill and serve. This should make about 1 qt.

Helen Cupps

SWEET SOUR SAUCE

½ cup sugar (¼ brown and ¼ white)
½ cup vinegar
1 cup tomato juice
1 tbs. cornstarch
garlic, ginger, salt to taste

Combine ingredients and bring to a boil until they thicken. Serve cool or cold. The sauce goes well with lumpia.

Nancy Deem

BARBECUE SAUCE

1½ tbs. cooking oil
¼ cup ketchup
3 tbs. vinegar
2 tbs. water
2 tbs. Worcestershire sauce
1 tsp. salt

Combine ketchup, vinegar, oil, water. Worcestershire sauce and salt. Bring to a boil, stirring occassionally. Cook 3 min. Excellent for barbecuing meat and poultry. Especially good with all kind of vegetables.

Marjorie Jones

MOTHER'S HAMBURGER RELISH

2 medium sized heads of cabbage
12 medium sized onions
12 peppers, half red and half green
12 medium sized carrots

Put all ingredients through a food chopper. Sprinkle with ½ cup salt and let stand two hours. Squeeze dry. Mix 6 cups of sugar with 3 pt. of white vinegar, 1 tbs. mustard seed and 1 tsp. celery seed. Mix the vinegar mixture with the dry cabbage mixture thoroughly. Seal in sterilized jars.

Marjorie Jones

GOOD SAUCE FOR VEGETABLES

Make following sauce in a double boiler:

½ cup mayonnaise
½ tsp. salt
3 tbs. milk
2 tbs. lemon juice

Combine the mayonnaise, milk, and salt, and cook over boiling water stirring constantly until mixture is well blended. Add lemon juice and stir well. Pour over hot cooked vegetables and serve. Delicious over broccoli. Serves 4.

Dottie Walker

BULKOGI (KOREAN (BAR-B-QUE)

1 lb. lean beef
¼ cup soy sauce
2 tsp. crushed garlic
2 tsp. crushed ginger root juice
1½ tsp. Ajinomoto
1/3 cup salad oil
sliced green onion strips

Slice meat as thin as possible into small pieces while in defrosting stage. Marinate about 2 or 3 hours in above ingredients. Cook over charcoal fire.

Jae Seun Hall

HOME CURED HAM

1 well-shaped pork leg
1 kilo market salt
1 ounce salt peter
1½ kilo brown sugar
1 ounce liquid smoke
large plastic bag
stainless steel ice pick or long pronged cooking fork
1 hypodermic syringe with largest needle
string and cloth or sugar sack

Note: Be conservative about the salt peter that you use. It is better to use less than too much as too much might be toxic. Use only in the above proportions. One ounce of salt peter is enough for even a large ham. It helps to dehydrate the meat and also gives the reddish color to the ham. Use as much salt mixture as pork will absorb.

If a large ham, you may need more but be sure it is in this proportion. Select well-shaped pork leg with ½ to 1" covering of fat.

(We buy Landrace pork leg). Ask butcher to remove skin and all bones carefully, making sure that leg is not damaged, but remains well shaped. Use skin for chicharon and bones for broth.

Process No. 1: (10 days)

Wash pork all over with cold water. Then using ice pick (or fork) poke holes all over meat. Mix 1 kilo market salt with 1 ounce salt peter and rub this over entire ham, reaching down into crevices and holes left where bones were removed. (If you cannot get this entire amount on your ham, save it for the next time, but keep the proportion the same.) Now wrap pork in a large piece of cloth. (large enough to wrap around it several times) and tie securely with heavy string, running the string around and around and over and over each end, shaping the pork into a ham shape as you tie the string. Place on a rack in the coldest part of refrigerator (not the freezer) and leave it for 10 days. (We put ours in the meat dish). The salt and salt peter will cause the pork to lose excess moisture and for the first two or three days you will need to empty the blood and salt water that collects. It is good idea to turn the ham over about every day also.

Process No. 2: (10 days)

After the pork has been curing in the salt for 10 days, remove it from the cloth and wipe off any salt that may be un-absorbed. Fill your hypo syringe with liquid smoke and inject into the pork leg, using about 1 ounce for a 6 to 8 kilo ham....more if you like a smokier flavor. Make sure that you distribute the smoke fairly evenly all over the ham, remembering to inject the ends and sides as well as the fat. After the smoke has been injected, rub the ham thoroughly with brown sugar, again making sure to put plenty into the holes where bones were removed. We use from 1 to 1½ kilos of sugar depending upon the size of the pork leg, and how much the meat will absorb. We are very generous with the brown sugar. Again wrap the ham in the cloth fastening securely in the same manner as before shaping the meat as you fasten the string. Place your ham in one large plastic bag that will not leak. (This prevents the smoke and sugar from leaking out and making everything in your refrigerator smell like smoke). Fasten the plastic bag tightly and place in refrigerator for another 10 days.

To cook: Soak the ham overnight in cold water, completely immersed. Remove water and throw it away. Now your ham is ready to cook according to your favorite recipe. In general, cook a whole ham 25-30 minutes per lb., one half ham 30-35 minutes per lb., or to meat thermometer temperature of 160 degrees, baking at 325 degrees.

You will want to glaze with your favorite recipe. Total cooking time for ham is around 3½ to 4 hours, slightly longer than US tenderized ham. Enjoy your ham .... and think how proud of yourself you will be!

Local Note: D & S now carries the liquid smoke. You may want to use a little more than 1 ounce. Suit your own taste.

Kay White

BEEF BOURGINNONE

Cut 12 slices bacon into small pieces and saute. Remove the bacon and saute 8 lbs. lean sirloin cut into thin strips ½ x 4" in the bacon fat. Stir frequently until the beef is evenly browned. Add 4 cloves garlic, crushed, and 4 lbs. mushrooms, sliced. Season with 4 bay leaves, crushed, 5 tblsp. chopped parsley, 2 tsp. salt, 2 tsp. thyne, ¼ tsp. pepper. Add the bacon.

Make a roux with 1 cup butter or margarine and 1 cup flour. Cook over heat, stirring constantly, until flour turns light tan. Add 5 cans condensed consomme, or use part consomme and part Burgundy wine. Stir and cook until slightly thickened. Add to beef and mushrooms. Cover and simmer until beef is tender.

Betty Ploesser

YORKSHIRE BEEF

3 slices bacon, diced
½ teaspoon salt
¾ pound lean ground beef
1 tblsp. each finely chopped onion and parsley
3 eggs
½ cup milk
½ teaspoon Worcestershire sauce
½ cup flour

Arrange bacon in a 9 by 13 — inch baking pan. Put into a 400° oven until lightly browned; about 10 minutes.

Meanwhile sprinkle salt in a large frying pan, put in the meat, onion and parsley stir slightly (so meat stays in rather large chunks) over high heat until lightly browned; set aside. In a bowl combine the eggs, milk, and Worcestershire; beat with a fork until foamy; gradually beat in flour until smooth.

When bacon is browned remove from oven. Distribute meat in pan; pour egg mixture over meat and tilt pan to spread evenly. Return to 400° oven and bake until puffy and well-browned; about 25 minutes. Serves four.

Roxy B. Jorgensen

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NIPPY PORK CHOP PLATTER

6 lean pork chops, 1½" thick prepared mustard
prepared mustard
¼ cup flour
1 tsp. pepper
2 T melted fat or oil
1 (10½ oz.) can condensed chicken with rice soup or chicken noodle or chicken gumbo.

Spread both sides of pork chop with mustard. Combine flour, salt and pepper in paper bag; shake chops in bag to coat with flour. Let dry on rack 10 minutes to set coating. Then brown in fat in heavy skillet. Place chops, in single layer, in a baking dish, cover with soup. Cover; bake in moderate oven (350°) one hour and a half. Makes 6 servings. Serve with hot steaming rice, cottage cheese salad and peas — Delicious!

Marie Smith

BRACIUOLINI (ITALIAN)

1 doz. slices round steak
1 tsp. garlic powder
1 cup grated cheese, Romano or Mozzarella
1 tsp. parsley flakes
salt and pepper

Mix the above ingredients together and spread on 1 dozen slices (cut very thin) round steak; tie with a cord or white thread and put into Tomato Sauce. (recipe below) Simmer over heat until tomato sauce has thickened, approximately 3 hours. When cooked remove meat rolls and pour sauce over spaghetti. Remove cord or thread from meat rolls and lay around edge of spaghetti dish. Serve hot.

Tomato Sauce:

1 can tomato paste
1 can tomato sauce
1 medium onion, chopped
1 tsp. basil flakes
½ tsp. garlic powder
1 tsp. parsley flakes
1 tsp. sugar
salt and pepper

Fry chopped onion in oil. Just before onions turn brown add tomato paste, tomato sauce, 4½ cans water(measuring water from tomato paste can). Add basil, parsley, garlic, sugar, salt and pepper.

Gay Patti

BRAISED PORK

1. 600 gms. or 21 oz. fresh pork
   ½ green onion
   1 slice ginger
2. soy sauce
   oil for frying
3. ½ tablespoon cornstarch, mixed with water
   anis seeds
   peppercorns

A:

4. 3 tablespoons soy sauce
   1 tablespoon sugar
   1 teaspoon cooking wine
   monosodium glutamate (Accent or Ajinomoto)
   1/3 cup soup stock
   ½ green onion
   1 slice ginger

1. Cover pork with water, add onion and ginger. Boil for 1 hour.
2. Drain meat. Brush on soy sauce. Fry in 180°C. or 370°F. oil.
3. Cut across grain of meat, into 5 mm., or ¼ in. thick slices.
4. Arrange in bowl, fat side down. Add "A" ingredients.
5. Steam for 2 hours.
6. Drain liquid into sauce pan. Heat. Thicken with cornstarch.
7. Turn meat upside down on platter.
8. Pour on gravy. Serve while hot.

Make 4 servings. Cooking time — 3 hours. Protein — 33.2 gms. 233 calories.

Mildred Clark

BEEF RIBS ADOBO

Ingredients:
Beef ribs — 12 pieces, each 3 inches long
Soy sauce — 8 tblsp.
Pineapple vinegar — 3 tblsp.
Black pepper — ½ tsp.
Corn oil or fresh butter — 3 tablsp.
Garlic — 3 cloves, crushed

Method:
Place beef ribs in saucepan filled with 5 cups water over medium heat. Cook until tender. Then add soy sauce, vinegar, garlic black pepper and 3 tblsp. corn oil or fresh butter. Let boil for 5 minutes then stir consistently until soup turns to thin sauce. Remove from heat. Serve hot. 4 to 6 servings.

Note: The above is my version of the favorite native recipe called "adobo". Above-cited ingredients and method of cooking may also be applied to pork meat or chicken meat.

Mrs. Lolita A. Dangwa

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CHEESE FONDUE
(Serves 4)

1½ lbs. Swiss cheese
(Can use ¾ Emmentaler or
¾ Gruyers if available
2 breakfast cups dry white wine
1 clove garlic
1 jigger Kirsh mixed with
1 level tsp. cornstarch
— blend
season with salt, pepper (white), paprika

Rub fondue pot well with peeled clove of garlic. Pour white wine and 1/3 of grated cheese in the pot. Place on stove — start stirring in a figure 8 motion. Gradually adding the rest of the cheese.

Cook over moderate heat stirring all the time until it starts to boil. Add the Kirsh and cornstarch. Bring once more to boil stirring in figure 8 all the time. Add seasoning to taste.

Adjust flame so that Fondue simmers at low heat while serving with cubes of white bread and forks.

I serve a light wine and fruit salad to complete luncheon. Never serve water with Fondue.

If Fondue becomes too thick, stir in more white wine or Kirsh.

Kate Crosby

TENDERLOIN TIPS IN BURGUNDY WINE A LA DEUTSCH

6 tblsp. butter
1½ lbs. beef tenderloin cut in very thin 2 to 3 inch strips
2 medium sized onions, chopped
2 green peppers, chopped
1¼ cup brown beef gravy or 1 can brown gravy
1 cup red Burgundy wine
2 tblsp. cornstarch

Melt 2 tblsp. butter in hot skillet. Sprinkle beef strips with ½ teaspoon salt. Sauting about 1/3 of meat at one time, brown strips quickly on all sides, then remove from pan. Add 2 tblsp. butter to empty skillet and saute the vegetables about 3 min. Add gravy. Slowly stir wine into cornstarch; stir into beef mixture. Cook stirring constantly until mixture bubbles, then cook and stir 2 mins. longer. Season to taste with salt and pepper. Add browned beef strips and heat through. Just before serving border with German fried potatoes. 6 servings.

Irma Weaver

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EYE OF ROUND

Brown meat using fat on roast. Remove from pan, add all remaining ingredients except flour. Return meat to pan, simmer covered two to three hours until tender. Thicken gravy with flour.

1 onion chopped
2 cloves garlic chopped
½ bay leaf
¾ can water
3 tbsp. green pepper chopped
pinch oregano
1 can tomatoes
flour

Mary C. Chrismon

BAVARIAN LIVERDUMPLINGS

125 grams liver (pork or beef)
1—2 slices bread, soaked in milk
breadcrumbs
1 small onion
1 egg
salt, pepper, marjoram

Soak bread in milk, squeeze and put through meat grinder, together with liver and onion. Mix with egg and season. Add breadcrumbs to make a dough firm enough to form dumplings, but not too firm. Form small dumplings with wet hands and simmer in salt water or meat broth approximately 15 to 20 minutes (depending on size). If salt water is used, put dumplings in clear hot soup, garnish with chooped parsley and serve.

Simmering the dumplings in the meat broth will give a richer soup, but not so clear as usually small pieces of the dumplings come off during cooking.

The same recipe, if doubled, and by forming larger dumplings, can be used for liver dumplings to be served with Sauerkraut Barvarian style.

Brigitte Herzog

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BEEF A LA FLAMANDE

4 lbs. eye-round
4 tblsp. butter
3 cups diced onions
2 tblsp. flour
2 cups beer
1 tblsp. cider vinegar
1 tblsp. sugar
2 tsp. salt
1 bay leaf
½ tsp. marjoram
2 tblsp. minced parsley

Slice meat 1 inch thick. Melt butter in a Dutch oven or casserole; brown the meat in it. Remove. In fat remaining, saute the onions until brown. Stir in flour then beer, vinegar, sugar, salt, bay leaf and marjoram. Bring to a boil and return the meat. Cover and cook over low heat 2½ hours or until tender. Sprinkle with parsley and taste for seasoning. Serves 8 to 10.

Irma Weaver

SPARERIBS

3-4 pounds spareribs
1 cup catsup
1 cup claret
¼ cup vinegar
½ cup water
2 tablespoon brown sugar
2 tablespoon Worcestershire sauce
½ teaspoon salt
1 teaspoon chili powder
1 teaspoon dry mustard
generous dash pepper and tabasco
1 onion grated.

Sprinkle ribs lightly with smoked salt and chili powder and roast in 450° oven 30 minutes.

Remove grease from pan, combine remaining ingredients and pour over ribs. Reduce oven to 350° and bake for 45 minutes. Baste occasionally and sprinkle with celery salt.

Barbara Farretta

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PORK TENDERLOIN JAVANESE

2 pounds pork tenderloin
6 brazil nuts, grated
1 cup minced onion
2 cloves garlic minced
¼ cup lemon or calamansi juice
¼ cup soy sauce
2 tblsp. brown sugar
2 tblsp. ground pepper
¼ tsp. crushed red pepper
¼ cup olive or vegetable oil

Trim excess fat from meat. Cut meat into 1 inch cubes. Combine nuts, onions, garlic, lemon juice, soy sauce, sugar, seasonings and oil. Add pork cubes. Marinate for 10 minutes. Place pork on skewers, reserve marinade. Grill over coals or broil for about 10 minutes on each side brushing once on each side with the reserved marinade. Serve pork on skewers along with saffron or lightly curried rice. 4-6 servings.

Barbara Farretta

CURLEY'S BEEF BOURGUINON

4 lbs. trimmed sirloin
6 slices bacon
2 cloves garlic, crushed
2 lbs. mushrooms, sliced (fresh or canned)
2 bay leaves, crushed
2 tblsp. chopped parsley
1 tsp. salt
1 tsp. thyme
⅛ tsp. pepper
½ cup butter
½ cup flour
2 cans (10½ oz. size) consomme
½ cup Burgundy wine

Cut bacon into small pieces and fry in dutch oven. Remove bacon and saute sirloin, which has been cut in ½ x 4 inch strips with the grain. Stir frequently. Brown a portion at a time. Add garlic, mushrooms, bay leaves, parsley, salt, thyme and pepper. Add bacon. Remove from heat. In another pan make a roux (brown gravy) with butter and flour. Cook, stirring constantly until flour turns light tan. Add consomme and wine. Stir and cook till slightly thickened. Add to beef and mushrooms. Cover and simmer till beef is tender or about 1½ hours. This can be made ahead and reheated. Serve over cooked rice or noodles. Makes 8-10 servings.

Jean Kridle

FLANK STEAK-LONDON BROIL

1 tblsp. catsup
1 cup hot water
1¼ cup red wine vinegar
¼ tsp. pepper
⅛ tsp. crushed bay leaf
¼ tsp. bouquet garni
2 tblsp. oil

Have steak scored thoroughly. Marinate steak in sauce for 2 hours or more at room temperature. Broil or barbecue quickly.

Linda Schneidler

FRITADA DE PUERCO
(Pork Fricassee)

2 lbs. lean pork, cubed
1 tblsp. vinegar
2 tsp. chili powder
flour
2 tsp. salt
2 tblsp. fat
1 onion, sliced thin
2 cups water

Sprinkle meat with vinegar, salt, Chili powder; roll in flour; brown in hot fat. Add onion and water. Cover. Simmer 1 hour or until meat is tender and gravy is thick. Serves 8.

Coco Merrill

BOBOTIE
(TRADITIONAL SOUTH AFRICAN DISH)

½ lb. ground beef (cold cooked mutton can also be used)
2 onions, chopped
1 thick slice of white bread
2 cups milk
3 eggs
1 tblsp. curry powder
salt, pepper, 1 tblsp. vinegar
a few blanched almonds and some lemon leaves

Soak bread in ½ cup milk and saute onions in a little butter. Add to meat with curry and seasoning. Add bread. Then add 1 beaten egg. Mix well. Put mixture into greased dish. Stick the almonds and lemon leaves in. Mix rest of milk and eggs with a little salt and pepper and pour over meat. Dot with butter and bake for about 40 minutes. Serve with boiled rice. Baking pan must not be too shallow so the top will be thick enough.

Lillian Hamby

CHEESE BLINTZES

Pancakes: 3 eggs
1 cup flour
1 cup water, plus a little more

Beat ingredients together until smooth. Let bubbles subside. Butter pan very lightly (use a piece of paper). Make pancakes as thin as possible, cooking over low flame. Turn over on second side for just a few seconds. One large cooking spoonful is enough batter for one pancake. Pancakes should not be crisp. Pan should be kept at even temperature. Stack pancakes on a plate.

Filling: 1 lb. cottage cheese (squeeze out water)
1 egg yolk
1/3 cup sugar
juice of ½ lemon
1 tsp. vanilla
pinch of salt

Fill each pancake with one heaping tablespoonful of cheese mixture. Fold over once, tuck in sides, fold over again. Set blintzes on waxed paper until ready to use. Can be stored in refrigerator or freezer. Just before serving, fry in butter, brown both sides. Fry evenly so that they are crisp and succulent. Makes 12 pancakes. Can be served with sour cream or jam.

Ruth Pessin

FRUITED PORK

Pork chops, brown in skillet (enough for family)
1 cup pineapple, cubes
1 chopped onion
some celery leaves
12 prunes
1 to 3 cloves garlic
2 tablespoons soy sauce
good dash of marjoram

Combine all above; cover and simmer 20 minutes.
Add: 1 cup sliced celery
½ cup dried apricots
Simmer 10 minutes more.

Jean Gudenschwager

HAMBURGER HEAVEN

1 pound ground beef
1 medium onion, chopped
¼ bell pepper, chopped
2 tablespoons salad oil
½ pound sliced American cheese
1 cup celery, chopped
1 small can diced ripe olives
1 (No. 2) can tomatoes
2 cups fine dry noodles
¼ cup water
½ teaspoon onion salt
salt and pepper

Saute onion, pepper, and celery. Add hamburger meat and brown. Cook noodles in boiling water, salted, for 5 min. Drain noodles. Add cheese, olives, tomatoes, and noodles to hamburger mixture. Add seasonings. Rinse tomato can with water, and pour over all. Bake in 350 degrees oven for 40 minutes. Top should be brown. Makes 4 to 5 servings.

Doris Hamilton

HUNGARIAN GOULASH

1 lb. tomatoes or 1 No. 2½ canned tomatoes, drained
1/3 cup butter or margarine
1 large onion, minced
2 lbs. round steak, 1½ inch thick
6 tblsp. flour
1½ tsp. paprika
1½ tsp. salt
½ tsp. pepper
1 cup water
1 tsp. sugar

Begin to cook three hours before you intend to serve.
In boiling water to cover, let fresh tomatoes stand 3 minutes. Drain, peel, quarter, then remove seeds.

In hot butter in skillet, saute onion till golden. Cut steak into 1½ cubes; roll lightly in flour then add to onion mixture. Brown meat on all sides stirring with wooden spoon.

Add paprika, salt and pepper. Stir well and add tomatoes, stirring again. Cover and simmer slowly until meat is tender, 1½ to 2 hours. Water in small amounts may be added if stew seems too dry.

Jean Kridle

MEAT BALLS
(Koenigsberger Klops)

Set out a 2 qt. saucepan

Put into a large bowl:

1 cup (1 slice) soft bread crumbs
¼ cup of milk

Clean and chop 1 medium size onion.

Heat in a skillet 2 tblsp. butter. Add onion and cook over medium heat until the onion is golden, moving and turning with a spoon.

Add the contents of the skillet to the bowl with:

1 lb. beef, ground twice
¼ lb. veal, ground twice
4 anchovie fillets, mashed
1 egg, beaten
1 tsp. salt
½ tsp. monosodium glutamate
¼ tsp. pepper

Combine lightly but thoroughly. Shape into balls about 2 inches in diameter.

Bring to boiling in the saucepan:

3 cups water
2 tblsp. chopped onion
1 bay leaf
1 whole clove
2 peppercorns
¼ tsp. salt

Carefully put the meat balls into the liquid. Bring to boiling. Reduce heat and simmer 20 minutes. Remove balls with a slotted spoon and set aside to keep warm. Strain the liquid. Heat in saucepan 2 tblsp. butter. Blend in 2 tblsp. flour. Heat until mixture bubbles. Remove from heat. Gradually add 2 cups of the liquid and 2 tblsp. lemon juice and 1 tblsp. capers, chopped. Bring rapidly to boiling, stirring constantly. Cook 1 to 2 min. longer. Return the meat balls to the sauce and heat thoroughly. Serve with buttered noodles, allowing 2 to 3 balls for each serving.

Elizabeth Michel

OKRA AND GROUND BEEF

1 lb. okra — Wash, then sprinkle with 1 tsp. salt and a little flour.
4 tsp.oil — Brown okra lightly; remove.

Combine: ½ lb. ground beef
1 tsp. flour
½tsp. each salt and pepper

Mix well and form into small patties and fry in same oil. Remove.

Make a sauce:

1 onion thinly sliced, brown in oil lightly.
Add ½ green hot pepper, then blend in 1 tsp. flour; stir well. Add 1 cup cup hot water. Stir until thickened and smooth. Add okra and meat patties. Simmer 20 min.
Serve over rice or mashed potatoes.
Chicken or fish can be substituted for ground beef.

Helene Miller

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MEAT ROLL

8 oz. pastry or enough for 1 pie
1 lb. cooked hamburger, well seasoned
1 egg
1 potato cubed uncooked
1 onion chopped
1 tblsp. water

Roll pastry into an oblong.
Place on lightly greased baking tray.
Beat the egg, adding water and seasoning — brush over pastry, saving some for glazing.

Mix meat, onion and potato, spread on pastry.
Roll up and seal edges. Glaze and make slits for steam to escape.
Bake 30 to 40 minutes at 400°.

Audrey Field

SAUERBRATEN (PICKLED BEEF)

2 lbs. beef meat (pot-roast type or locally called: Cura-Cura)
1 tblsp. salt
1 tblsp. monosodium glutamate
2 tblsp. sugar
6 peppercorns
2 onions, sliced
2 carrots, sliced
1 stalk celery, chopped
3 cloves garlic, crushed
bay leaves (2 or 3)
1 cup vinegar
3 cup water
1 tblsp. lard for frying
1 tblsp. tomato paste
2 tblsp. raisins
Cornstarch for thickening

Marinate: Place meat in earthenware, glass or enamel bowl. Add Glutamate, salt, sugar, peppercorns, onions, carrots, bay leaves, celery, garlic, cloves, vinegar and water.

Cover and marinate in refrigerator for about 4 days turning once daily.

To cook: Remove meat from marinate, pat dry. Strain marinade. Reserve marinade and vegetable.

Roll meat in flour. Heat lard in deep kettle, place meat and brown about 15 minutes. Add strained vegetable and 2 cups of the marinade. Cover tightly. Cook over low heat 2 hrs. or until meat is tender; adding small amounts of the marinade or, if too sour, water. When soft, place meat on platter and brown in oven. Prepare gravy. Strain vegetables from pot. Return liquid back into kettle, add cornstarch and raisins, stirring constantly, until thickened. If too sour add milk or cream. Season with Maggi and spices. Yields: 6 to 8 servings.

Gisela Woelke

VEAL SCALOPPINE

Wipe with a damp cloth and pound 1 lb. veal round steak (cutlet), cut about ½" thick. Cut veal into 1" pieces and brown in ¼ c. olive oil, with 1 med. onion. While the veal is browning, combine:

1 small can tomatoes
¼ tsp. chopped parsley
⅛ tsp. pepper
2 c. green pepper (finely chopped)
½ tsp. salt
¼ tsp. oregano
⅛ tsp. hot pepper (if desired)

Add this mixture to the browned veal. Cover skillet and simmer about 25 mins. or until veal is tender. If mixture tends to become too thick, add a small amount of water. 3 or 4 servings.

Lou Sciple

SKILLET BEEF SUPREME
(Quick 'n Easy)

¼ lb. lean tender beef (cut in strips)
2 tsp. Wesson Oil
1 med. onion, sliced
1 c. green beans, canned or cooked
1 med. green pepper, sliced
1 c. chopped celery
4 tsp. cornstarch
1 tsp. soy sauce
¾ c. liquid (juice from mushrooms plus water)
salt and pepper
1 can (4 oz.) mushrooms

Brown meat in hot oil in large skillet. Add next 4 ingredients and cook 3 to 5 minutes. (You want vegetables to be crisp). Combine cornstarch, soy sauce, liquid and seasonings. Add to skillet, stirring to mix well. Add mushrooms. Stir, cooking until liquid is clear and shiny. Garnish with pimiento. Serve with rice. Makes 3 to 4 servings.

Linda Schneidler

ZÜRICHER KALBS-GSCHNETSELTES with SPÄTZLI

750 g. (¾ kg.) tender meat, such as pork loin, sliced thin
2 tblsp. butter
pepper and salt
1 or 2 big onions
Brown lightly, then add meat
1 or 2 cloves garlic
1 wine glass white wine
1 tsp. cornstarch
1 cup water
Add the above 4 ingredients and cook 15 min.
2 cups cream
After cooking add the cream to the above, and mix well. Garnish the whole top of the serving bowl with parsley.

Spatzli:
½ tsp. baking powder, if desired
½ kg. flour
1 tsp. salt
4 to 5 eggs
Beat all above very well, using a large mixing spoon. Rest dough for ½ hour.

Using a cutting board, take by large spoonfulls, and slice the Spatzli dough thin, slicing directly off the board into boiling, lightly salted water. (Dip the knife often into the boiling water to keep the dough from sticking to it). As it again comes to a boil, remove from water, put into serving bowl with butter on top. Garnish with 2 or 3 sprigs of parsley.

Martha Seeber

SHISH-KABOB

¼ cup cooking oil
2 tablespoon lemon juice
¼ cup wine vinegar
2 teaspoons Worcestershire sauce
½ teaspoon salt
dash of tabasco
¼ teaspoon garlic, chopped

Blend and pour over 2-inch cubed steak. Marinate for 2 hours. Broil 4 inches from heat, 5 to 7 minutes. Turn meat several times.

Carlyn Block

KOREAN STYLE STUFFED HOT PEPPERS

Ingredients:

20 hot green peppers (these are not the sweet bell peppers, but the long hot ones).
1½ cups of ground beef
3 eggs
1 teaspoon of chopped onion
½ clove of crushed garlic
½ teaspoon of salt
dash of black pepper
3 tablespoons of flour
½ cup of cracker crumbs

Procedure:

Slice off the tops of the green peppers and carefully clean out the seeds.

With the meat, mix one egg, the salt and the black pepper, the onion and the garlic. Use this mixture to stuff the peppers.

Beat the two eggs into a bowl until throughly mixed. Place the flour and cracker crumbs into separate plates. Prepare a pan of hot oil ready for deep frying.

Dip the stuffed peppers, one at a time into the flour, then the egg, then the cracker crumbs and then into the deep fryer. Fry till light brown, drain excess oil on absorbent paper and eat while hot. These are crunchier and zestier than the usual stuffed peppers.

Jung Sook Nonini

ORANGE-GLAZED GRILLED CHUCK

1 12 oz. can pineapple juice
1 4/5 oz. envelope instant meat marinade
1 teaspoon ground ginger
¼ teaspoon ground cloves
¼ teaspoon salt
dash coarsely ground black pepper
3 to 4 pound beef, (arm roast)
½ cup orange marmalade
¼ cup cooking oil

Combine 1 cup of the pineapple juice, the instant marinade, ginger, cloves, salt and pepper. Pour mixture over meat in shallow dish or bowl. Marinate meat for 15 minutes or more, piercing meat with fork and turn several times. Remove meat from marinade and place on grill.

Stir the remaining ½ cup pineapple, the orange marmalade, and oil into marinade. Cook over medium coals for 45 min. to 1 hour, turning meat several times and brushing with pineapple mixture. Serves 6 to 8.

Do not have a grill? Place in 350 degrees oven, and bake for 45 min. to 1 hour.

Dorothy Kretzmann

CHEESE PUFFS

¼ lb. butter
½ lb. grated sharp cheese
1 cup flour
¼ tsp. salt
generous dash of cayene pepper

Mix together and shape into small strips or make into three 8 inch rolls. Slice ¼ inch thick and bake 5-6 minutes at 425 degrees.

Connie Wilkie

CHEESE SOUFFLE'

Thick white sauce (4 tblsp. butter, 4 tblsp. flour to 1 cup milk)
¼ tsp. mustard
dash cayene pepper
salt and pepper
1 cup shredded sharp cheese (¼ lb.)
3 eggs
¼ tsp. cream of tartar

Make white sauce adding mustard, cayene pepper, salt and pepper. Stir into the hot white sauce shredded cheese. Remove from heat: stir in 3 well beaten egg yolks. Beat the 3 egg whites with cream of tartar until stiff. Fold egg whites into the cheese mixture.

Pour into greased 1½ quart casserole. Set casserole in pan of water (1 inch deep). Bake at 350 degrees until puffed and golden brown about 50-60 minutes. Serve immediately. About 4 servings.

Audrey Field

EXTRA-SPECIAL SCRAMBLED EGGS

Beat together 8 eggs until frothy. Gently fold in ¼ cup grated parmesan cheese, ½ cup commercial sour cream, ½ tsp. each salt and thyme, ¼ tsp. dry mustard and 2 tsp. each chopped green pepper and pimiento (optional). Melt 2 tsp. margarine in a frying pan. Pour the eggs into warm pan and cook over *low* heat. Stir gently several times until set, but still soft and moist. Serves 4-5.

Linda Schneidler

MANICOTTIE — SICILIAN STYLE

Sauce

1 large can tomatoes
2 small cans tomatoes paste
4 cans water
5 cloves garlic
5 tblsp. parsley
4 teaspoon basil
2 teaspoon oregano
2 — 3 pieces sausage
1 pound ground chuck
1 medium onion

Filling

2 cans Pantry Pak cottage cheese (3 cups)
3 eggs
2 tablespoon parsley
1 tablespoon garlic powder
2 teaspoons basil
milk — just enough to make creamy when you are mixing together above ingredients.
1 box lazanna noodles or wide noodles

Fry chopped onions and meat until brown. Add tomatoes. Cook down until mushy (about 45 min.). Add paste and water. Add all spices including sausage (that has been fried first). Simmer sauce for 4 or 5 hours.

Half-cook noodles in boiling water and drain. Cut each noodle into three pieces. Fill each one with the cottage cheese filling. Cover baking dish bottom with sauce and place noodles — only one layer. Cover with sauce and grated cheese. Bake in 350 oven for ½ hour uncovered.

Patti Gioia

CASSEROLES

"It's a careful woman who profits by experience."

ASPARAGUS-TUNA CASSEROLE

1 cup cooked rice
2 beaten eggs
1 flat can tuna
1 can cream of asparagus soup
¼ lb. cheese cut up
1 pkge. frozen asparagus

Mix the first five ingredients and pour over asparagus which has been cooked and placed in bottom of buttered pan. Bake 1 hour at 325°. Put buttered pan in pan with water for baking.

Marie M. Willimont

EGGPLANT CASSEROLE

1 med. sized eggplant
4 tomatoes, sliced
2 med. sized onions sliced
salt and pepper
½ cup grated Parmesan cheese
4 tbs. butter or margarine

Peel eggplant and cut into ½ in. thick slices. Cover bottom of buttered 2 qt. casserole with eggplant slices. Top with layer of tomato slices, then onion. Season to taste. Sprinkle with part of cheese; dot with part of butter. Repeat layer by layer until casserole is filled, ending with tomatoes topped with cheese.

Cover casserole. Bake at 375°F. for 45 min. Yield — 4 portions.

Mamie Lou E. Posey

EGG PLANT CASSEROLE

2 cups cooked eggplant, mashed (about 2 medium)
2 medium onions, chopped
3 tbs. butter
2 egg yolks, beaten
1 tsp. salt
1 cup grated sharp Cheddar cheese
5 bread slices, slightly toasted

Peel and dice eggplant. Cook in boiling water until soft enough to thoroughly mash. Drain and mash. Brown onions in 1 tbs. butter; reserve 2 tbs. butter for casserole. Add onions and remaining ingredients to eggplant. Pour into greased casserole and bake in moderate oven 30 to 35 min. or until brown.

Frances Sullivan

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GREEN BEAN CASSEROLE

4 potatoes
cubed ham or luncheon meat
2 cups green beans, canned or cooked fresh
1 can mushroom soup
1 can cold water

In a deep casserole, slice two of the potatoes, add a layer of the meat and one cup of the beans. Repeat, using rest of ingredients. Mix mushroom soup with the water and pour over vegetables and meat. Cook in oven until the potatoes are done. This recipe can be adjusted to the size of the family. No salt is needed.

Fay Sawyer

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SWISS ONION PIE a la JULIE
(Onions can be elegant)

Have ready 9 in. unbaked rich pie crust. Dice about 3 or more slices of bacon finely. Crisp in skillet. Add about 2½ cups sliced onions. Steam all until quite soft. Set aside to cool. Beat 2 to 3 eggs lightly. Add enough cream as for custard pie, plus salt to taste. Combine onions and bacon with mixture. Pour into pie crust and bake until done.

Serve with green salad for a tasty lunch!

Jerry Reed

CHEESE-MACARONI CASSEROLE

Cook 2 cups elbow macaroni
Melt over low heat ½ cup butter
Add and stir to a paste 2 tbs. flour
Slowly add 1½ cups milk
Cook until thick — add salt and pepper
Combine the above white sauce with the cooked macaroni.

Grease a baking dish and combine the macaroni with 1½ cups cheddar or Swiss cheese (grated). Save some of the cheese to sprinkle over the top.

Bake in 350° oven for 40 min.; remove the lid for the last 10 min. Serves 8.

Ethel Herold

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LOBSTER NOODLE CASSESROLE

10 rock lobster tails	4 cups milk
¼ cup butter	1 cup cream
¼ cup flour	½ cup sherry
2½ tsp. salt	1 12 oz. pkge. broad noodles
1½ tsp. paprika	buttered bread crumbs
½ tsp. pepper	¼ cup melted butter
1 tsp. minced onion	¼ cup drained capers
1 tsp. Angostura bitters	

Cook 10 rock lobster tails as directed on label.

Slice each in half lengthwise, cut same half of each tail into chunks. For a sauce: melt ¼ cup butter, stir in ¼ cup flour, 2½ tsp. salt, 1½ tsp. paprika, ½ tsp. pepper, 1 tsp. minced onion and 1 tsp. Angostura bitters. Add 4 cups milk and 1 cup cream, cook until thickened, stirring.

Add ½ cup dry sherry and lobster tail chuks.
Mix with 1 pkg. cooked broad noodles. Put into 3 qt. casserole.
Top with buttered bread crumbs.

Bake in moderate oven (375°) about 30 min. until hot and bubbly. Top with lobster tail halves and brush with ¼ cup melted butter mixed with ¼ cup drained capers. Return to oven for about 10 min. longer. Makes 8-10 servings.

Honora McCarthy

SHRIMP HARBIN

1 kilo shrimp
rice
1 large onion
1 large green pepper
1 can tomato soup
½ pt. cream or undiluted Carnation
1 small can slivered almonds
tabasco sauce
salt
pepper
bay leaves
paprika
cooking or dry sherry
mace
French dressing
lemon or calamansi juice

1). Boil and clean 1 kilo of shrimp. Cut all except 8 pieces into halves or thirds depending on the size of the shrimp). Place them in 1 tsp. of lemon or calamansi juice and 1 tbs. French dressing in a covered dish and refrigerate for at least 1 hour.

2). In the meantime prepare enough rice for four cooked cups. Add salt to rice while cooking it.

3). Also dice 1 medium to large onion and 1 large green pepper and cook in 1 tbs. of butter for 5 min.

4). In large mixing bowl combine:

1 can undiluted tomato soup
½ pt. cream
¾ pkge. slivered almonds
cooked onions and pepper
4 shakes tabasco sauce
½ tsp. black pepper
2 crushed bay leaves
¾ tsp. paprika
¼ cup Sherry. Add more if desired.
½ tsp. mace — or to taste

5). Mix well, and add shrimp, and 4 cups cooked rice.

6). Place in buttered casserole. Decorate top with remaining shrimp. Then sprinkle the remainder of slivered almonds over top.

7). Cook (bake) at 350° for 35 - 40 min.

Katherine Bennett

RED SNAPPER WITH MUSHROOMS

Grease a 2 qt. casserole having a cover.

Clean and slice: ¼ lb. mushrooms

Heat in a skillet over low heat — 2 tbs. butter or margarine.

Add mushrooms to skillet. Cook over medium heat, occasionally moving and turning gently with a spoon, until mushrooms are tender and lightly browned. Set aside.

Wipe with a clean damp cloth — 1 lb. fillet of red snapper.

Place in the casserole.

Spoon mushrooms and juice from skillet over fillets.

Pour over mushrooms a mixture of:

¼ cup calamansi juice
1 tsp. sherry flavoring
1 tbs. chopped parsley
½ tsp. dry mustard
½ tsp. salt
¼ tsp. pepper

Cover casserole and bake at 375°F. for 25 min., or until the fish is flaky.

Elisabeth Michell

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TUNA SAVANNAH CASSEROLE

1 can tuna fish
3 tbs. chopped onion
1 10 oz. can condensed tomato soup
½ cup water
1 tsp. chilli powder
1 tsp. salt
1 tsp. Worcestershire sauce
1 ½ cups cooked noodles
1 cup grated cheese

Melt butter. Add onion and cook slowly until tender. Add soup, water and seasonings. Simmer 5 min. Combine sauce with noodles, cheese and tuna. Pour into greased 1 qt. casserole and bake in a moderate oven (350°) for 30 min.

Susan Farmer

CRAB AND SHRIMP CASSEROLE

2 cans or 1 lb. shrimp
2 cans or 1 lb. crab
1 medium onion (chopped)
1 cup celery (chopped)
½ tsp. salt
½ tsp. pepper
1½ tsp. Worcestershire sauce
1 cup mayonnaise
2 cups cooked rice
1 cup buttered dry bread crumbs

Mix above ingredients except bread crumbs. Put in a buttered casserole. Spread bread crumbs on top. Bake at 350° about 30 min. Serves 8.

Jean M. Boitano

HAM AND CHICKEN CASSEROLE

1½ cups spaghetti pieces about 1½ in. long
¼ cup butter
6 shallots—finely chopped
½ cup sliced, well drained canned mushrooms
1½ cup cooked ham—cut up
½ tsp. salt
1 cup cooked chicken—cut up
⅛ tsp. pepper
¼ tsp. celery salt
1 cup medium white sauce or 1 cup dairy sour cream
1 cup creamed cottage cheese
1 cup grated Cheddar cheese

Cook spaghetti in boiling water — rinse.

Cook mushrooms and shallots in butter till lightly browned. Stir in ham, chicken, salt, pepper and celery salt — mix well — continue cooking till all is piping hot. Remove from heat.

Add white sauce and cottage cheese to well-drained spaghetti and toss lightly.

Add hot ham and chicken mixture — toss lightly but thoroughly.

Turn into well buttered baking dish — top with grated cheese. Broil or bake until cheese is browned.

Ann Bean

MRS. JOHNS' SCALLOPED CHICKEN

This unusual recipe combines chicken, stuffing and a rich sauce. Utterly delicious, it will serve 12, is perfect for a buffet supper.

First step: put a 5 lb. hen in; a large pot with a carrot, a sliced onion, 2 tsp. salt and 2 qts. boiling water. Let it cook very slowly 2½ hours or until meat begins to leave bones. Let bird cool in its own liquid. When cool, take out and pull meat off bones and the skin off the meat. Put skin thru the meat chopper and cook giblets in salted water until tender.

Second step: while the hen cooks, make stuffing. Crumble 1½ loaves two-day-old white bread. (Save crust to grind up and use other ways.) Melt ½ cup butter in very heavy skillet. Cut up 6 sprigs parsley, 1 med. onion and 2 large pieces celery, their tops, too. Cook vegetables in melted butter over low fire for 5 min. Then mix into bread crumbs lightly with a fork to keep dressing fluffy. Grind the cooked giblets and mix in. Add 1 tsp. salt, good dash white pepper and 1 tsp. of poultry seasoning. Finally mix in 6 tbs. of chicken broth, no more or your dressing will be heavy.

Third step: The sauce. Skim the fat off the top of chicken broth and melt 1 cup in large heavy saucepan. If you do not get that much fat, though you should, make up the difference with butter. Heat 4 cups chicken broth and 1 cup milk together but do not boil. Stir 1 cup of sifted flour into melted fat until smooth. Add broth and milk mixture gradually, stirring constantly. Add 2 tsp. salt. Cook until very thick, stirring all the time. When cooked, beat 4 eggs slightly and mix in a little of the sauce. Then combine sauce and eggs and cook over low fire another 3 or 4 min. but keep stirring. When you take it off stove add chicken skin.

Fourth step: Grease one large or two small casseroles. Put stuffing in the bottom carefully. Pour over it one half the sauce. On top of this, cut up the chicken meat with scissors into nice pieces. Add remaining sauce. Take 1 cup dry bread crumbs and toss in 4 tbs. melted butter. Sprinkle on top. Put casserole in moderate oven 375° and bake 20 min. or until crumbs are a golden brown and scalloped chicken is piping hot all the way through.

Ruth Pearson

CHICKEN PASTEL

1 young chicken
1 Spanish sausage (Chorizo de Bilbao)
1 can Vienna sausage
1 can drained peas
1 lemon or dayap
3 tbs. soy (toyo)
2 hard boiled eggs
6 tbs. butter
5 cups cold water

Dress and bone the chicken. Cut into small pieces and place in a bowl. Squeeze the lemon into the chicken and add the soy.

Let stand 15 min. Put in a saucepan with water and salt to taste and simmer until the meat is tender and most of the liquid has evaporated. Slice the hard-boiled eggs, vienna sausage and chorizo. Fry the cooked chicken and chorizo in butter until brown. Remove from pan and place in pasterlera (or pyrex serving dish) with remaining sauce. Arrange the sliced eggs, peas and Vienna sausage on top of the chicken, then let cool.

Cover top with pie crust. Press edges. Bake in moderate oven until brown. Serve hot.

Trebia Salvador
Fay Sawyer

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CANNELLONI

Blend together into a smooth paste:

1-1/3 cups flour
1 egg
1 egg yolk
pinch salt

Roll the dough out very thinly and cut it into 3½ in. squares. Cook the squares in boiling salted water for 8 min. or until they are tender but somewhat firm. Drain and place them on a cloth.

Make a filling as follows: Saute 6 chicken livers with 1 onion and 1 clove garlic, both finely chopped, in 3 tbs. butter for about 5 min. or until they are delicately colored. Put the mixture through the fine blade of the meat grinder with 1½ cups diced cooked veal or chicken and season with ¼ tsp. thyme and salt and pepper to taste. Blend the mixture with two eggs. Put a little of this filling on each square of paste and roll each one to form a tube. Arrange the Cannelloni side by side, in a large shallow baking dish. Cover with 1½ cups tomato sauce, sprinkle generously with grated Parmesan cheese, and brown under the broiler flame.

Nita Fleischer

FIESTA CASSEROLE

1 can chilli con carne—no beans—15 ozs.
2 tsp. salt
¼ tsp. pepper
1 can (11 ozs.) tortillas
1 cup grated Cheddar cheese
1 large onion, chopped (1 cup)
1 clove of garlic, minced
2 tbs. salad oil
1 lb. ground beef
1 can tomatoes
1 can red kidney beans

Saute onion and garlic in salad oil until soft in a large skillet, remove with a slotted spoon and set aside.

Shape the ground beef into a large patty in same frying pan; brown 5 minutes on each side, then break it up into bite size chuks. Stir in the onion and garlic mixture, tomatoes, beans chilli con carne, salt, and pepper; heat to boiling.

Place three of the tortillas, overlapping if necessary, in a large baking dish; top with about one cup of the meat mixture.

Repeat to make 5 more layers of each, ending with the sauce. Sprinkle with the cheese.

Bake in a hot (400°) oven for 30 min. or until bubbly-hot.

Tabasco or any other hot sauce may be added if a really "picoso" dish is desired.

Judy Davidson

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GROUND MEAT CASSEROLE

½ lb. ground beef
1 small can tomatoes
½ tsp. powdered thyme
1 onion, chopped
¼ cup chopped parsley
1 cup elbow macaroni

Saute ground beef in butter until brown, add onion, saute for 2 min., add tomatoes, parsley and thyme, 2 cups water and macaroni. Cover, let simmer until macaroni is tender. Place in casserole in oven to brown.

You may add small can mushrooms, and top with cheese.

Martha West

HOT TAMALE PIE

2 lbs. ground beef or chicken
2 tbs. shortening
1 large onion, chopped fine
3 buttons garlic chopped fine
1 bell green pepper, chopped fine
1 No. 2 can tomatoes
4 tbs. Mexene (chilli powder)
2 cups water
salt to taste
2½ cups corn meal
3 tsp. comina seed or powder

Saute onion and garlic, sear and add meat, brown lightly, add boiling water, Mexene chilli powder, salt, and cook slowly.

In another pot, sear bell pepper in a little shortening, add tomatoes and comina, cook until thick.

In third pot, cook meal and sufficient water to form a mush that can be spread. Takes about 30 min. Add surplus stock to meal to season. Line greased baking dish with mush, fill with meat mixture, cover with mush. Bake 30 min. in slow oven.

Martha West

BAKED SANDWICH

Butter oblong pyrex dish.

Put in 6 slices buttered bread. Put over them a mixture of devilled ham, mustard, grated cheese.

Cover with layer of another 6 slices of bread with crusts removed. Cover all with mixture of 3 cups milk and 4 eggs and salt, beaten together.

Pour over bread and leave in refrigerator all night, covered with oil paper.

Bake about 1 hour at 300°.

Cover with foil the last 15 min. to prevent burning. Serve with mushroom sauce.

Marie M. Willimont

TALLARINES

(meal in-a-dish recipe, or good for buffet)

1 can tomatoes
1 6 oz. pkge. noodles
2 lbs. ground meat
1 green pepper chopped
3 tbs. oil
salt and pepper to season
1 12 oz. can whole kernel corn
1 cup ripe olives
1 4 oz. can mushrooms
½ lb. cheese — grated
1 clove garlic, chopped

Cook noodles in boiling, salted water until tender; drain. Saute meat, onions, garlic and green pepper together in oil until meat is nicely browned. Add tomatoes, salt and pepper to meat and simmer for 10 min. Combine noodles, meat mixture and remaining ingredients, putting aside a little of the cheese to sprinkle on top of casserole. Turn mixture into a greased casserole, sprinkle with cheese. Bake in a moderate oven (350°) for 1 hour. Serves 8.

Florence A. Loveles

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HAM NOODLE CASSEROLE

Cook 1½ cups of noodles. Grease a baking dish.

Place in it layers of noodles sprinkled with: 1 cup diced ham, ½ cup grated Parmesan cheese, ½ cup shredded green pepper, celery and onion (optional).

Now combine: 1½ cups milk, 2 eggs, ¼ tsp. paprika, salt to taste. Pour over noodles. Cover top with buttered bread crumbs. Bake for an hour at 300°.

Martha West

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HAMBURGER PIE

1 lb. ground beef
½ cup bread crumbs
¼ cup chopped onion
¼ cup chopped green pepper
1½ tsp. salt
¼ tsp. pepper
2 cups tomato sauce
2-3 cups cooked rice
½ cup grated cheese

Combine first 6 ingredients and ½ cup of tomato sauce. Pat mixture to bottom and sides of 10 in. pie plate. Combine the rice and the rest of the tomato sauce and most of the cheese (save a couple of tbs. for the top) and spoon into the meat shell. Bake 25 min. in 350° oven. Sprinkle the rest of the cheese on top and bake 5 min. more. Garnish with parsley and serve.

Susan Farmer

IRISH STEW CASSEROLE

*Not a true Irish stew, but was named by a Hungarian lady who gave the recipe to my mother. This recipe will serve 4-6 people and can easily be varied at will. In 1½ or 2 qt. casserole place:

a layer of hamburger (about ½ lb.)
a layer of sliced raw potatoes (1 or 2 potatoes)
a layer of sliced raw carrots (1 or 2)
a layer of sliced raw onions (1 or 2)

Salt and pepper each layer and sprinkle 1/3 cup rice over the top. Fill to the top of ingredients with water. Cover and bake at 350° for 1½ hours, or until rice and vegetables are cooked. Uncover for the last ½ hour or more if much liquid remains. This should not be soupy but will be very moist, like stew.

Charlotte West

HAM PARISIENNE

Cook 2 12-oz. pkgs. of frozen broccoli and arrange in 2 qt. greased baking dish.

Season with a light sprinkling of salt and paprika.

Top with 6 ½-in. slices boiled ham.

Mix: 1 10½ oz. can condensed cream of mushroom soup
4 oz. can sliced mushrooms and juice
2 tbs. sherry and pour over ham

Sprinkle ¼ cup grated Parmesan cheese over mixture. Bake at 425° for 15 min. or until delicately brown. Serves 6.

Vernell Williams

EGGS FLORENTINE

3 cups cooked spinach
6 fresh eggs
salt
½ lb. American cheese
1 tall can evaporated milk
2 cups buttered crumbs

Chop spinach very fine and heat; turn into shallow baking dish. Make 6 small wells in the spinach, drop an egg in each, season with salt. Prepare a cheese sauce by heating the cheese and milk over boiling water until cheese is melted. Pour hot sauce over eggs and spinach. Sprinkle with crumbs and bake at 250° until brown. Serves 6.

Asparagus or Swiss chard may be used. If desired, garnish with border of mashed potatoes put through a pastry tube.

Katherine Bennett

EASY CHEESE FONDUE
(Good Luncheon Dish)

4 slices bread, cut in half and buttered
1 cup cheese cut in small pieces or grated (¼ lb.)
½ tsp. dry mustard
2 eggs, well beaten
2 cups milk
½ tsp. salt
⅛ tsp. pepper

Heat oven to 350°F. Place bread in shallow oblong baking dish 8 in. x 12 in. Spread cheese over bread; sprinkle with mustard. Mix egg, milk, and seasoning; pour over bread. Bake 30 min. until puffy and brown. If desired, dish can stand ready for the oven up to 1 hour before baking. 4 servings.

Variations:

Ham-cheese Fondue — Scatter 1 cup diced leftover ham over bread before adding cheese.

Shrimp-cheese Fondue — Scatter I cup cut-up cooked shrimp over bread before adding cheese.

Tuna-cheese Fondue — Scatter 6½ oz. can tuna, flaked over bread before cheese.

Martha West

ARROZ CON POLLO (Montreal)

Ingredients:

2 chicken broilers (2 lbs. each) or
1 roasting chicken (4 lbs.)
2 small onions, chopped
cooking oil
½ cup uncooked rice
2 cloves garlic
1 tsp. chili powder (more, if desired)
pinch of saffron, dry red pepper
1 small red pepper, sliced
1 small green pepper, sliced
2 small tomatoes, chopped
1½ cups chicken broth

Method:

Dissect chicken into serving pieces. Brown in the oil with one chopped onion, salt and pepper. Place browned chicken in a casserole dish.

Saute, using same frying pan, the rice with the other chopped onion, the garlic, saffron, dry red pepper and chili powder.

Place the rice over the chicken, garnish with sliced red and green peppers and chopped tomatoes.

Add one and a half cups chicken broth. Cook in moderate oven until liquid has been absorbed by the rice. Time: approximately one hour.

The above amounts are subject to variation, provided the rice and chicken broth are in proper proportions.

Doris Lafferty

HAM AND CHEESE BREAKFAST CASSEROLE

½ cup chopped onion
1 tbsp. butter
2 cups chopped cooked ham
3 slightly beaten eggs
1 cup shredded sharp Cheddar cheese
2/3 cup finely crushed crackers
1½ cup milk
Dash pepper

Cook onion in butter until tender but not browned. Combine with all remaining ingredients; mix well. Pour into 10 x 6 x 1½ baking dish. Bake at 350 degrees for 45 minutes. Six servings.

Mary C. Chrismon

CHICKEN CASSEROLE

Try this when you have left-over chicken.

1 cup elbow macaroni
½ cup diced celery
¾ cup chicken broth
1 (10½ oz.) can condensed cream of chicken soup
1 (3 or 4 oz.) can mushrooms
2 cups cut-up chicken or turkey
½ cup minced parsley (optional)
½ tsp. Worcestershire sauce
¾ cup soft bread crumbs
2 tblsp. butter or margarine

Cook macaroni according to directions on package, and drain. Cook celery in chicken broth or use chicken bouillon cube, plus ¾ cup water) for five minutes. Combine cooked macaroni, celery, broth, celery soup, mushrooms, chicken (or turkey), parsley, and Worcestershire Sauce. Add salt, if needed. Pour into greased 2 qt. casserole. Sprinkle with bread crumbs; dot with butter. Bake in moderate oven (350°) 40 minutes.

Makes 8 servings. Serve with coleshaw and buttered carrots, and hot corn muffins. Sumptious!!

Marie Smith

BAKED TUNA A LA MUSHROOM

1 pkg. noodles (any width)
1 can tuna fish (shredded or whole)
1 tblsp. minced parsley
1 tblsp. minced celery or celery leaves
1 tblsp. minced onions
butter and/or grated cheese
salt and pepper
1 can mushroom soup
1 can milk
about ½ cup fine crumbs or crushed corn flakes

Cook noodles in boiling water until tender. Drain and place in baking dish or casserole. Add tuna fish, parsley, celery and onion, mixing all thoroughly with salt and pepper to taste. Pour over this, mushroom soup to which an equal quantity of milk has been added. Sprinkle top of mixture with fine crumbs or crushed Corn Flakes and dot with particles of butter (grated cheese may also be used). Bake 1 hour in slow oven. Brown quickly just before serving.

Libby Tyner

JOHNNY MAZZETTE

2 cups chopped green pepper
2 cups chopped celery
2 cups chopped onion
1 pound ground beef
1 pound ground pork
1 cup butter or margarine
2 tsp. salt
1/3 cup chopped stuffed olives
1 can (4 oz.) sliced mushrooms, with liquid
1 can (10½ oz.) condensed tomato-soup
1 can (8 oz.) tomato sauce
1 can (8 oz.) meatless tomato-mushroom sauce

1 pound broad noodles
2 cups grated American cheese (½ pound) (I use Tru-Chez.)

In a large skillet saute pepper, celery, onion and ground meats in hot butter. Add salt. Reduce heat, and cook 5 minutes. Stir in olives, mushrooms and liquid, soup and sauces. Cook 15 minutes.

Cook noodles following box directions; drain. Turn noodles into a 14 x 10 x 2¼ inch roasting pan. Add sauce and gently stir until well mixed. Sprinkle grated cheese on top. Bake at 350 degrees for 35 minutes.

Yield: 12 generous portions.

Mamie Lou E. Posey

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SCALLOPED CORN

1 can (1 lb.) creamy-style corn (2 cups)
1 egg slightly beaten
½ cup of milk
½ cup cracker or bread crumbs
¼ cup chopped onion
¼ cup chopped green pepper or 2 tblsp. chopped pimiento
1 tablespoon butter
salt and pepper, to taste

Heat oven to 350°. Combine all ingredients. Pour into 1 qt. baking dish. Bake 35 min. Makes 4 servings.

Scalloped Corn and Ham: Make scalloped corn as above, except add 1 cup diced, cooked, ham.

Scalloped Corn with Cheese: Make scalloped corn above, except add ¼ cup grated Cheddar cheese.

Hannah Campagna,

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SPINACH CASSEROLE

2 pkgs. frozen spinach, cooked and drained
1-8 oz. pkg. Philadelphia creamed cheese
½ stick butter
tabasco and salt to taste
1 cup Pepperidge Farm Herbed crumbs

Cream butter and cheese. Add hot drained spinach. Mix and season with Tabasco and salt. Place in casserole. Top with 1 cup Pepperidge Farm Herbed Crumbs. Melt a bit of butter and dribble over top. Bake for 30 minutes at 300.

Patti Gioia

VEGETABLES

"Hurry men at work, not at meat."

SAUERKRAUT FROM LOCAL CABBAGE

Select heavy mature heads of cabbage. Trim, wash, cut in quarters. Shred cabbage from the core. Mix each 2 lbs. cabbage with 1 tbs. rock salt and 1 tsp. caraway seeds. Pack into a glass jar, cover with a clean cloth, an inverted plate and a weight such as a filled one qt. can. Ferment 3 or 4 days at 85°F., or until desired sourness is achieved. Refrigerate until needed.

Riina Iten

RED CABBAGE WITH WINE

1 head red cabbage
1 onion, chopped fine
4 tbs. cooking oil
1 tsp. salt
⅛ tsp. pepper
1 tbs. strained honey
½ cup current jelly
¼ cup cider vinegar
½ cup red cooking wine
1 sour apple, grated
1 tbs. cornstarch
2 tbs. stock

Clean and wash cabbage. Shred fine. Cook onion in cooking oil until golden brown. Add cabbage and next 7 ingredients and simmer until tender, stirring frequently to prevent burning. Mix the cornstarch with the stock to make a smooth paste and add to the cabbage mixture. Continue cooking another 10 min., stirring constantly. Serve hot. Serves 6.

Judy Davidson

SCALLOPED EGGPLANT

Pare 1 medium sized eggplant; cut in 1 in. cubes. Cook in boiling, salted water 8 min.; drain. Add 1 beaten egg, ½ cup milk, 2 tbs. melted butter, 1 small onion—chopped, 1 cup dry bread crumbs. Place in greased baking dish, top with buttered crumbs. Bake at 350° for 30 min. Serves 4.

Vernell Williams

STEAMED RICE

Measure 6 cups meat broth, or 6 cups water and six bouillon cubes. Add 3 cups long grain rice and ¼ cup butter. Cover and bring to rolling boil. Turn heat down, simmer for 30 min., turn heat off. Let rice stand 10 min. before serving. Serves 6.

Cecilia Jenson

BAKED FRESH MUSHROOMS

½ lb. fresh mushrooms
2 tsp. lemon juice
1 tbs. minced onion
3 tbs. butter
¼ tsp. salt
⅛ tsp. black pepper
1 tbs. flour
2 tbs. grated cheese
1 cup canned milk
2 egg yolks, beaten
2 tbs. fine white bread crumbs

Preheat oven to 425°. Butter baking dish or four individual ramekins. Wash mushrooms and slice, then sprinkle with lemon juice. Simmer mushrooms in a tightly covered saucepan with onion and two tbs. butter. Season mushrooms with salt, pepper. Stir in flour and cheese. Place mixture in prepared dish. Mix milk and egg yolks together and pour over mushrooms. Sprinkle with crumbs and dot with remaining butter. Bake about 10 min., till golden brown. Serve hot. Serves 4.

Riina Iten

GRILLED MUSHROOMS

8 oz. field mushrooms
salt
1 clove garlic
olive oil

Put olive oil, chopped garlic and a dash of salt on the underside of each mushroom. Cook quickly under grill in a heat-proof pan in which they can be served.

Cecilia Jenson

MUSHROOMS IN SOUR CREAM

¼ pt. sour cream
4 oz. grated cheese
1 tsp. flour
8 oz. mushrooms
1 oz. butter
salt

Slice mushrooms. Cook them in butter, add the flour, cook for 1 min., gradually add the cream. Season with salt. Arrange in a flat dish, cover with grated cheese. Cook in a hot oven for 10 min.

Cecilia Jenson

GREEN PEPPER AND MUSHROOM SAUTÉ

3 tbs. olive oil
3 green peppers, cut in thin rings
½ lb. mushrooms, sliced
1¼ tsp. salt
¼ tsp. freshly ground pepper
1 cup thinly sliced onions
⅛ tsp. oregano

Heat oil in skillet; saute onions 5 min. Add peppers, saute 5 min., stirring frequently. Mix in mushrooms, salt, pepper and oregano; cook over low heat 5 min., stir frequently. Serves 4-6.

Ivie Miley

SUMMER SQUASH

3 cups cooked squash
1 can mushroom soup
2 eggs, beaten
1 cup cheese
¼ cup milk
2 tbs. onion

Cook squash with salt, then mash. Sprinkle generously with a nippy cheese. Mix with remaining ingredients and bake in moderate oven for ½ hour.

Cecilia Jenson

BEETS WITH SWEET-SOUR SAUCE

1 can whole or diced beets
¾ cup juice from beets, add water if necessary
¼ cup sugar
2 tbs. butter
1 tsp. salt
1 tbs. flour

Melt butter with flour and stir continuously while adding all remaining ingredients. Cook till thick. Heat whole, or diced beets, in sauce. Serve.

Cecilia Jenson

ASPARAGUS CASSEROLE

Place in casserole 2 cans giant asparagus, drained, but save juice. Melt in saucepan 3 tbs. butter, 3 tbs. flour; thicken; add ¾ cup juice from asparagus and ¼ cup milk, salt to taste, dash of Worcestershire sauce, 1 cup "Rat" cheese, grated. Pour sauce over asparagus in casserole and brown in 400° oven until cheese is melted.

Martha West

MARINATED TOMATOES

Put any desired amount of tomatoes in hot water just long enough to skin. Cut tomatoes into two pieces. Cover with the following ingredients:

To every 3 tbs. strong vinegar, add 1 tbs. oil and ½ tsp. salt—more if desired. Mix enough to cover tomatoes. Marinate 30-60 min.

Cecilia Jenson

AUDREY GORAM'S BAKED BEANS

2 lbs. dried navy beans
1 tsp. soda
1 med. onion, sliced
1 tbs. salt
1 tsp. prepared mustard
¼ cup brown sugar
½ cup molasses
¼ cup tomato catsup
1/16 tsp. black pepper
¾ lb. salt pork, sliced

Wash beans thoroughly and put them in 4 qt. pan. Add enough water to come 2 in. above beans and soak overnight. Next morning, drain, then cover with fresh cold water. Add soda and bring to boil. Again drain, rinse, cover with cold water and bring to a boil. Put the onions in bottom of bean pot or deep casserole with rest of ingredients. Add the hot beans and liquid with enough boiling water to cover. Lay strips of salt pork over top. Cover and bake at 250°F. until beans are tender, 9-10 hours, adding more water as necessary. Remove cover and bake one hour longer to let salt pork become crisp and brown. Serve piping hot, plain or with catsup or chilli sauce.

Ruth E. Pearson

YELLOW WAX BEANS

2 lbs. beans, cut fine
3 bay leaves
3 stalks celery
3 tomatoes or 1 cup, canned
10 peppercorns, chopped
5 leeks
3 carrots
1 chicken breast

Cover and let cook until tender. Remove everything except beans. Remove chicken from bone. Add chicken and seasoning to taste. If too thin, may be thickened.

Velma Howard

EGGPLANT PARMIGIANA

3 ripe tomatoes
1 tbs. tomato paste
2 med. eggplants
½ tbs. chopped parsley
salt and pepper
1 tbs. olive oil
pinch of salt
¼ cup grated Parmesan cheese
1 clove finely chopped garlic
1 cup bread crumbs
thin slices Swiss or American cheese

Peel, seed and chop tomatoes and put in a saucepan with olive oil and tomato paste and salt. Let the mixture simmer, uncovered, for 30 min. or less. Meanwhile, wash, dry and cut eggplants into 1 in. slices and place in bowl. Cover eggplant with hot water and let stand for 5 min. Drain thoroughly and dry slices on absorbent paper. Fry them in hot oil for about 3 min. on each side or until soft and lightly browned. Sprinkle with salt and pepper and remove from pan. Mix together bread crumbs, cheese, parsley, garlic, salt and pepper. Blend. Place a layer of eggplant in the bottom of baking dish, sprinkle with some of the bread crumb mixture, then pour some of the tomato mixture over this. Alternate the layers until all ingredients are used, finishing with the eggplant on top. Cover with thin slices cheese and bake in 375° oven for about 10 min. or until cheese turns slightly brown. Serve very hot.

Darline Green

BRAISED STUFFED CUCUMBER

2 long thin cucumbers
½ cup ground pork
½ cup dry bread crumbs
⅛ tsp. slivered, peeled fresh ginger root, or ¼ tsp. powdered ginger
1 tbs. red wine vinegar
1 tbs. soy sauce
1 tsp. sugar
¼ tsp. monosodium glutamate
1 tsp. salt
1 or 2 tbs. cooking oil

Wash, peel and trim the cucumbers. Cut crosswise into slices about ½ in. thick. Hollow out the seeds. Mix pork with bread crumbs and seasonings. Pack into the cucumbers. Heat the cooking oil in a skillet. Stand stuffed cucumbers in oil and cook gently until tinged with brown, then turn and brown other end. Add ¼ cup water. Cover, turn heat to low and continue cooking for 8-10 min. longer. Cucumbers should be tender, but not soft and pork done through. Makes 6 servings.

Honora McCarthy

CORN SPOON

3 eggs, separated
¾ cup corn meal
2 tbs. butter
1¼ cups scalded milk
¾ tsp. salt
¾ tsp. baking powder
1 can (17 oz.) golden cream style corn

Grease a 2 qt. baking dish. Beat egg whites till stiff but not dry; beat yolks till thick and lemon colored. Stir corn meal, salt into milk, beating hard. Cook a few seconds over low heat, stirring till consistency of thick mush. Blend in butter and corn, then baking powder. Fold in yolks, then whites. Pour into baking dish. Bake at 375° for 35 min. or till puffy, golden-brown (knife inserted in center comes out clean). Serve with butter or gravy. Good with ham or chicken. Serves 6.

Darline Green

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FRENCH CARROTS

6 large carrots
lemon juice
2 tbs. fat
3 tbs. flour
salt to taste
Cayenne pepper—dash
2 cups chicken stock
½ cup cream
2 tsp. butter
1 tbs. chopped parsley
little chopped chives
2 egg yolks
2 tbs. milk

Skin carrots, cut in small pieces and cook until tender in salted water with lemon juice added. Then add to sauce: Melt fat and stir in flour, salt, pepper. When blended, pour on chicken stock. Stir over the fire until the sauce comes to a boil, then add cream and butter, bit by bit. Mix and add parsley, chives, egg yolks and milk. Add carrots and serve as vegetable dish.

Marie M. Willimont

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NEVER FAIL CORN PUDDING
(Creamy and delicious)

2 cups corn
2 well-beaten eggs
2 cups milk
1 level tsp. salt
4 tbs. flour
1 tbs. butter
2 level tsp. sugar

Mix corn, flour, sugar and salt. Combine well-beaten eggs, melted butter and milk. Mix this with corn mixture. Pour in well greased baking dish and bake at 350°F. for 1 hour. Stir from the bottom two or three times during the first 30 min of baking time.

Martha West

FRESH CABBAGE GARNI

2 tbs. butter or oil
black pepper
1 tbs. mustard
1½ tbs. flour
salt
1 cup milk
¼ cup butter or margarine
¼ cup water
2 tbs. salad oil
2-- 15 oz. cans corned beef
2 tsp. lemon juice
1 cabbage, shredded

About 30 min. before serving, melt 2 tbs. butter in double boiler. Stir in pepper, mustard, flour and salt. Slowly stir in milk; cook, stirring until smooth and thickened, about 5 min. Keep warm until needed. Now cook shredded cabbage in large skillet or Dutch oven with ¼ cup butter, 1 tsp. salt, ¼ tsp. pepper and the water, covered for about 10 min. or until tender crisp, tossing well with fork occasionally. Meanwhile cook hash balls as follows: Heat salad oil in 10 in. skillet. As each spoonful of hash is removed from one of the cans, form it into 1 in. ball and then drop it into oil; saute until brown on both sides, using a spoon to turn and later remove them. Repeat with other can of hash. Now spoon cabbage onto center of a heated platter, heap the hash balls on top in center. Stir lemon juice into mustard sauce, then spoon it over the balls. Serves 6.

Fay Sawyers

CORN CASSEROLE

4 tbs. butter
1/3 cup flour
1 tsp. salt
¾ tsp. mustard
¼ tsp. paprika
1 egg, beaten slightly
1 No. 2 can corn
3 tsp. Worcestershire sauce
1½ cups scalded milk
¾ cup buttered crumbs

Melt butter, add flour and dry seasonings and mix. Add scalded milk gradually and cook, stirring constantly until thick. Add corn, egg, and Worcestershire sauce. Pour into buttered casserole. Cover with buttered cracker crumbs and bake at 325°F. for 30 min. or until the crumbs are brown. Serves 6-8.

Fonda Schuchmann

BROCCOLI-SOUR CREAM SAUCE

2 bunches broccoli
2 tbs. finely chopped onion
1½ cups sour cream
2 tsp. sugar
1 tsp. vinegar
1 tsp. salt
dash pepper
¼ cup chopped almonds

Trim and cook broccoli in salted water until tender. Melt butter in top of double boiler over hot water. Add onion and cook until soft. Add sour cream, sugar, vinegar and other seasonings and cook for 10 min. Pour sauce over broccoli and sprinkle with toasted almonds.

Martha West

CHINESE GREEN BEANS

3 pkgs. French cut green beans
1 can bean sprouts
1 can Campbell's mushroom soup
1 can water chestnuts
1 can French fried onions

Cook beans until barely tender and combine with other ingredients except onions. Crumble onions on top and bake at 350°F. for 20-30 min.

Martha West

SWEET POTATO PUDDING

3 cups grated sweet potato
1½ cups sweet milk
½ tsp. cinnamon
2/3 cup melted butter
3 eggs
¼ tsp. nutmeg
grated rind and juice of one orange
2 tbs. lemon juice
¾ cup brown sugar

Add sugar and spices to grated potatoes. To this add well beaten eggs, butter, lemon juice, orange rind and juice, and milk. Mix well; pour into a greased nine-inch casserole. Bake slowly for an hour, or until potatoes are done. A rich brown crust will form on top. Over this arrange marshmallows. Brown evenly in oven and serve.

Dottie Walker

FRENCH FRIED EGGPLANT

(Nice to use in place of potatoes)

Pare eggplant if necessary and cut in ¼ in. slices crosswise. Sprinkle with salt and pepper and dip in flour, or dry bread crumbs, then in an egg beaten with 2 tbs. milk, then dip in flour or crumbs.

Fry in hot fat from 2 to 4 min., or until golden brown. Drain, season with salt and pepper. Serve hot.

Martha West

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LUAU BEANS

½ lb. sliced bacon
2 onions
4 — 1 lb. cans (8 cups) pork and beans
1 — 9 oz. can crushed pineapple
¼ cup chilli sauce
2 tbs. molasses
1½ tsp. dry mustard
½ tsp. salt

Fry bacon until crisp; remove from skillet, reserving bacon drippings. Crumble bacon and combine in Dutch oven with onions, remaining ingredients. Cover and bake on grill over medium hot coals for 1½ hours, remove cover and cook about 25 min. longer. Stir occasionally.

Martha West

CORN LORRAINE

Make a 9" unbaked pie shell with a high fluted edge. Rub inside with soft butter and chill for 1 hour.

1 pound sliced bacon, fried crisp. Drain and crumble all except six slices.
1 tablespoon bacon drippings
1 cup chopped onion and 2 cloves garlic chopped
1 cup grated swiss cheese
2 eggs slightly beaten
1 can cream style corn—17 ounces
2/3 cup cream

In bacon drippings fry onion and garlic until soft. Take from the fire and mix with crumbled bacon and spread this mixture on the pie shell (which has been chilled). Top with ½ cup grated cheese.

Blend beaten eggs with corn and seasoning.
Scald milk.

Mix the rest of the grated cheese with corn mixture and milk. Pour into pie shell on top of bacon and cheese and onion.

Bake at 450° for 10 minutes. Reduce to 325° and bake 25 min. Put sliced bacon on top of pie, one piece for each 6 slices and bake 5 minutes. Cool slightly and cut into pieces for serving.

Nana Cotterman Butler

BEETS IN SAUCE

1 can (No. 303) beets, or fresh beets, cooked and sliced
¼ cup sugar
2 teaspoons cornstarch
½ teaspoon salt
grated rind of ¼ orange
2 tablespoons orange juice
1 tablespoon butter
1/3 cup beet juice
grated rind of ½ lemon
2 tablespoons lemon juice

Make sauce by cooking all ingredients except beets. When sauce thickens, add beets, and salt to taste. Serve hot.

If sauce is too thick, add more beet juice. 5 to 6 servings.

Doris Hamilton

BREADED FRIED EGGPLANT

1 large egg plant
salt
cracker dust or bread crumbs
egg
butter

Cut the eggplant into one-half inch thick slices. Pare and sprinkle each slice with salt. Lay slice upon slice and place a plate upon the top. Let stand two hours. (The salt will drain out the disagreeably bitter flavor.) Half an hour before serving, wipe each slice dry, dip in beaten egg, then in the cracker dust or bread crumbs and saute in butter. Put a pan in the oven or some other place where it can be kept hot. Lay a piece of absorbent paper in the pan and upon it place the slices as they become crisp and brown from the frying pan. Serve on a hot platter with the slices overlapping.

Nanette Smith

CHEESE STUFFED PEPPER

2 green bell-peppers
2 slices cheese, Cheddar or American
1 egg, separated
¼ cup flour, seasoned with salt and pepper

Bake peppers in 450° oven for 15 minutes, until slightly brown and the skin forms bubbles. Place in closed paper sack for 5 minutes, then peel the skin off.

Beat egg white until it forms a peak; beat egg yolk, then fold in the beaten egg white. Insert cheese in pepper, and coat pepper with seasoned flour. Dip in egg until well coated and fry in small amount of butter, or margarine, until browned on both sides. Two servings.

Roxy Jorgenson

POTATOSALAD "WALTHERSPIEL"

Boil salad potatoes, preferably small new ones, and cool until cold enough to touch and peel, slice into thin slices and put — still warm — into the following sauce:

Mix equal quantities meat stock and olive oil, vinegar, to taste, ample parsley, finely chopped; equal quantities onion juice and mustard, equal quantities sugar and salt, pepper.

Let sliced potatoes soak for approx 30 minutes and only then stir carefully. Do not serve chilled.

Brigette Herzog

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POTATOES WITH MUSTARD SAUCE

2 lb. new potatoes
1 medium onion
6 tblsp. butter
3 tblsp. flour
1½ cups bouillon (2 cubes or stock)
1 tsp. salt
½ tsp. pepper
¼ cup prepared mustard
½ cup dry bread crumbs

Cook potatoes in their jackets until tender. Peel. Start oven at 375° Grease large baking dish. Chop onion fine. Transfer potatoes to baking dish. Melt butter, toss in onion and cook until limp. Stir in flour and add bouillon gradually. Cook over low heat, stirring constantly until sauce bubbles. Season with salt, pepper, mustard and cook very slowly for about 10 min. Pour over potatoes, sprinkle top with crumbs and bake 15 min. or until bubbling hot. Serves 6 generously.

Betty Ploesser

GREEN TOMATOES IN CREAM

What to do with green tomatoes? Try this!

6 strips bacon, cut into half-inch pieces. Fry crisp in heavy skillet. Remove, drain off all but 1 tbsp. fat.

3 green tomatoes (about 1 lb.), cut in ½-inch thick slices; brown quickly on both sides in bacon fat. Stir in ½ tsp. each flour, salt, ¼ tsp. pepper. Add 1 cup light cream and 2/3 of the bacon. Simmer covered over medium heat about 7 mins., uncovered about 5 mins. longer. Transfer to serving dish, sprinkle remaining bacon on top. Serves 4 to 6.

Dorothy Kretzmann

LOUISIANA SWEET POTATO PONE

1 cup sugar
½ cup butter
2 cups grated, uncooked sweet potatoes
½ cup milk
¼ tsp. salt
1 tsp. ginger
⅛ tsp. cinnamon
⅛ tsp. nutmeg
1 grated orange rind

Blend sugar and butter; add grated sweet potatoes and milk. Beat well. Add salt, spices, and orange rind. Place in a shallow baking pan and bake in slow oven of 350°, for 1 hour. Serves 8.

Mamie Lou E. Posey

TOMATO, OKRA AND CORN

2 tblsp. butter or bacon drippings
½ cup finely chopped onions
2 cups okra, sliced (½ pound)
2 cups peeled tomatoes (or canned)
1 cup corn, cut from the cob (or canned)
1¼ tsp. salt
½ tsp. paprika
¼ tsp. curry powder
2 tsp. brown sugar

Saute onions in fat until brown. Add okra, and saute for 5 min. Add other ingredients, simmer till tender. Serves 6.

Doris Hamilton

CHILI WITH CABBAGE

2 cups cooked cabbage, salted
1 can Chili con Carne, plain or with beans
1 cup grated cheese
1/3 cup bread crumbs

Place a layer of cabbage in baking dish. Pour over a can of Chili con Carne. Add remaining cabbage. Top with cheese and crumbs. Bake at 350 degrees for 30 minutes. Serves 6 to 8.

Coco Merrill

CHILI SCALLOPED POTATOES

2 medium-size cooked potatoes, sliced
1 can Chili con Carne, with beans or plain
½ tsp. salt
1/3 cup onion, chopped
1 cup grated cheese

Place layer of sliced potatoes in baking dish. Sprinkle with salt and onions. Cover with Chili con Carne. Add remaining potatoes and salt, then cheese. Bake at 350°F. until thoroughly heated.

Coco Merrill

FRESH MUSHROOM BISQUE

¼ cup butter
¼ pound fresh mushrooms, sliced
1/3 cup finely chopped onion
1 garlic clove minced
1 tablespoon fresh lemon juice
3 tablespoons flour
4 cups chicken consomme
2 teaspoons salt
¼ tsp. ground black pepper
2 cups heavy cream
chopped parsley

Heat butter and saute mushrooms, onion and garlic for 4 to 5 mins., stirring constantly. Sprinkle with lemon juice. Blend in flour, gradually stir in the consomme and salt and pepper. Cook, stirring constantly until slightly thickened. Stir in cream and heat thoroughly. Sprinkle with parsley. Serve.

Irma Weaver

SAYOTE VEGETABLE

Various ways to use sayote: Peel, cut in half and remove seed and hard part.

1. Dice, cook in salted water until tender. Drain and add butter.
2. Halve, cook until tender, serve cold as salad.
3. Halve, cook until tender, top with melted cheese.
4. Raw, grate as salad, with French dressing.
5. Thinly slice into thin batter. Cook slowly as an omelet.
6. Wash, peel, and cut into small pieces. Season to taste. Add onion and tomatoes. Cook slowly. Serve with crisp bacon pieces sprinkled on top.

Riina Iten

TOPPING FOR GREEN BEANS

Lightly brown fresh or canned mushrooms in butter.

Drain cooked beans and add mushrooms.

Add 1 tablespoon prepared mustard to 1 cup medium white sauce, and pour over drained, cooked beans. Sprinkle top with crumbled bacon.

Pat Henderson

STUFFED ZUCCHINI

Wash 6 very small zucchini simmer them in salted water for 7 to 10 minutes and drain them thoroughly. Split the zucchini in half length-wise, scoop out most of the pulp and chop it. Put the shells in a buttered shallow baking dish and set them aside.

Saute 1 onion, finely chopped, in 5 tablespoons butter until it is golden. Stir in the zucchini pulp, ½ cup finely chopped mushrooms, 2 tablespoons chopped parsley, 2 tablespoons soft bread crumbs which have been soaked in 1/3 cup milk and squeezed dry, and salt and pepper to taste. Cook the mixture over moderate heat, stirring it constantly for several minutes. Remove pan from heat and stir in 2 eggs, lightly beaten. Fill the zucchini shells with the mixture and top each one with a bit of butter. Bake the stuffed zucchini in a very hot oven — 450°, until the tops are delicately browned.

Nanette Smith

INTERNATIONAL DISHES

"Better that a man should wait for his meal
than the meal should wait for the man." — *Chinese*

KIM CHEE

2 lbs. celery cabbage
½ cup salt
1 qt. water
1 clove garlic, chopped
2 Hawaiin red peppers, seeded and chopped (or small red hot peppers)
½ tsp. chopped ginger root
2 tbs. chopped onion
½ tsp. salt
1 tbs. sugar

Wash cabbage, cut into 1 in. slices and soak in salted water for 1 hour. Wash and drain cabbage thoroughly. Add remaining ingredients; mix well. Press into jar, cover and refrigerate. Allow several days for ripening. 3 medium cucumbers may be used instead of celery cabbage. Cut unpeeled cucumbers into 1½ in. lengths, then cut each into 6 lengthwise pieces. Remove seeds before salting.

Fay Sawyers

SHISH-KA-BOB—PIN CHITOS

1 lb. pork tenderloin
1 lb. beef tenderloin
1 lb. shrimps
1 lb. chicken livers

Cut pork and beef tenderloin into 1 in. squares. Soak each item overnight in the following:

1 cup soy sauce
¼ cup calamansi juice
1 tsp. sugar

Place on skewers and cook over charcoal.

Lupita Coromina

HONOLULU CHICKEN CURRY

6 tbs. butter or margarine
1 small onion, grated
1 clove garlic
6 tbs. flour
2 tsp. chopped ginger root (or 1 tsp. powdered)
1½ tsp. salt
2 to 3 tbs. curry powder
2 cups milk
½ cup coconut milk
1 cup chicken broth
3 cups diced cooked chicken

Melt butter or margarine; add grated onion and garlic. Simmer 5 min.; remove garlic. Combine flour, ginger, salt, curry powder; blend with butter.

Combine milk, coconut milk and chicken broth. Stir constantly over low heat until thickened. Add chicken, heat well. Serve with rice and any desired accompaniments such as chutney, flaked coconut, chopped peanuts or raisins. Makes 6 servings.

Coconut milk used is extracted from fresh grated coconuts and should not be confused with the watery liquid found in mature coconuts.

Fay Sawyers

FRIED LUMPIA

2 kilo ground pork
1 kilo green beans
¼ kilo green onions
8 small cloves garlic
1 kilo potatoes
½ cup raisins
Season to taste with salt and pepper

Cut all vegetables and raisins into small pieces. Saute onion and garlic, add meat, stirring it constantly to brown and cook thoroughly, add green beans and raisins, and cook until tender. Keep potatoes and fry (shoe string cut) separately until done. Place a generous spoonful in the center of each lumpia wrapper and deep fry until crisp and brown. Drain on paper and serve hot. Yields about 3 dozen.

Martha Plagens

JAVA SAUCE

1 cup peanuts, grated
½ cup Indian onions, grated
¼ cup calamansi juice
15 pieces small hot peppers
2 cups soy sauce
6 tbs. sugar
2 big pimientos, grated
1 tsp. salt

Mix all ingredients in a bowl at least one hour before serving.

Lupita Coromina

JAPANESE BROILED MEAT

Pound round steak and score it, then cut in serving pieces. Marinate for 5 hours in ½ cup of sherry or sake*, ½ cup of soy sauce, and 1 tbs. of shredded green ginger. Drain and broil over charcoal. This is also good marinade for thicker American steaks.

* *See definitions*

Nanette Smith

JAVA RICE

8 cups cooked rice
½ cup diced ham
½ cup diced red pepper
1 big onion, chopped
½ cup chopped cooked shrimp
1 tbs. achuete*
salt to taste

Saute the achuete until the lard is colored; then separate the achuete. In the same lard saute the onion, red pepper, ham, and shrimp. Add the rice and mix thoroughly, add salt and serve.

* *See definitions*

Lupita Coromina

CHICKEN OAHU

2½ or 3 lb. fryer, cut up
seasoned flour and oil for frying
2 cups cubed pineapple
½ cup pineapple juice
2 tbs. brown sugar
1 tsp. ground ginger
½ tsp. salt
1 cup seasoned tomato sauce
¾ cup chicken broth

Dredge the chicken with seasoned flour and brown slowly in oil. Add pineapple. Combine remaining ingredients and pour them over the chicken and pineapple. Simmer covered for 30 min. Uncover, adjust seasoning, and cook 30 min. longer. Serve with rice and salad.

Elisabeth Inns

BEEF ITALIANO

Thinly slice enough beef to yield 8 slices cooked beef, cut about ¼ in. thick. Mix together 1/3 cup fine dry breadcrumbs (about 1 slice dry bread) and ¼ cup (about 1 oz.) grated Parmesan cheese.

Mix together in a bowl:

⅛ tsp. pepper
1 tsp. dry mustard
1 tsp. salt
½ tsp. monosodium glutamate
2 tbs. milk
1 egg, well beaten

Heat in a skillet ¼ cup shortening. Dip beef slices, both sides into the egg mixture. Allow excess egg mixture to drain back into the bowl. Dip into crumb mixture, coating both sides. Dip only as many slices at one time as will lie flat in the skillet. Put into skillet and brown over low heat. Turn and brown other side. Repeat procedure for remaining slices. If necessary, add more shortening to skillet to prevent sticking. Return all slices to the skillet. Arrange over the meat 8 slices (8 oz.) processed American cheese. Pour over the cheese the contents of one 6-oz. can (¾ cup) tomato paste. Cover and cook over low heat for about 15 min. Makes 4 servings.

Elisabeth Michell

POTAGE DE GARBANZOS (CHICK-PEA)

½ lb. garbanzos
2 churizos de Bilbao
⅛ kilo ham
1 pata pork (pig's feet)
1 small can tomato sauce
1 large onion
1 small bay leaf
¼ cup oil
½ head garlic
Pimientos (one small can, sweet) de Moriones

Soak garbanzos overnight. Boil in 4 cups water until tender. Boil pata in 4 cups water until tender. Saute in oil the macerated garlic until light brown; then add sliced onions. Add the sliced churizo, ham cut into squares, then the broth where the pata was cooked. Boil twenty min. Cut pata in squares and add to the above mixtures. Add tomato sauce and pimientos cut into strips. Boil together for 10 min. Add garbanzos. Serve hot.

Violeta H. Adorable

STUFFED PEPPERS AND TOMATOES (GREEK STYLE)

Cut off tops, remove centers from:
6 medium-size peppers
6 medium-size tomatoes

Pour into frying pan:
½ cup olive oil

Fry slowly until brown:
2 cups ground beef
1 cup long grain rice
½ cup chopped onion

Add and simmer for 5 min.
¼ cup parsley
½ tsp. salt
1 cup diced fresh or canned tomatoes

Fill peppers and tomatoes. Place in greased casserole and add:
1 cup water
½ tsp. salt

Cover and bake in 375° oven for 1 hr., or until rice is tender. Add water if needed. Baste peppers and tomatoes several times while baking. Serves 6.

Cecilia Jenson

CHICKEN HINALOG

1 medium size chicken
1 cup tamarind* tops (tender leaves)
1 tbs. patis*
3 cloves garlic, crushed
1 medium size onion
1 tbs. oil

Clean and cut chicken into serving pieces. Heat oil and fry garlic until light brown, then add the sliced onions. Add the chicken and 1 tbs. patis. Add the tamarind tops which have been previously mashed in about a tbs. water. Cover and simmer for about 15 min. Add about 3 cups water and cook until chicken is tender. Add patis to taste.

* *See definitions*

Violeta H. Adorable

CHINESE SPRING ROLLS

May be made with ham, chicken, pork, veal, or shrimp. Good as HOR D' OEUVRES, if small, or as part of dinner. The doilies may be made, placed in stacks with cornstarch sprinkled between, and kept in freezer. Or the filled spring rolls may be frozen.

Doily, or Wrapper, Batter

Beat 2 eggs with 2¾ cups water, add gradually 2 cups flour. Beat until smooth. Grease a 7 in. skillet lightly with oil, heat skillet (medium hot). Pour about ¼ cup batter in skillet, swish around and pour off excess, leaving a very thin layer in pan. Leave it on heat just until set, one minute or less. Remove from pan and continue with others. Makes about 4 dozen doilies.

Spring Roll Filling

In 1 tbs. oil, saute slightly 2 cups bamboo shoots in strips lengthwise. Add 3 cups uncooked bean sprouts (or 1 can drained — 1 lb. in weight). Heat thoroughly. Add 2 tbs. soy sauce (less if using American) and continue to saute shoots and sprouts a few seconds. Remove from pan. Reheat pan, add 1 tbs. oil, and saute 2 tbs. onion and ½ cup dried mushrooms, cut in strips. Remove from pan. Dredge 1 lb. lean uncooked pork, ground (or other meats) with a mixture of 1 tbs. soy sauce, 1 tbs. sherry, 1 tbs. cornstarch, and 1 tsp. salt (less salt or none at all with ham). Reheat pan, add 1 tbs. oil and saute the dredged meat thoroughly.

Add cooked vegetables and 1 tbs. ground ginger, or ⅛ tsp. dried. Cool. Spread 1½ tsp. meat mixture on each doily. Turn up bottom over filling, fold in edges, and roll. Moisten edges of doily with a mixture of 1 tbs. cornstarch and ½ cup water. Fry rolls in hot oil 390°F. until brown. Drain. One recipe of filling makes about 45 to 50 rolls.

Charlotte West

GAZPACHO (raw vegetable soup, Mexican)

1 clove garlic
1 medium onion, sliced
1 cucumber, sliced
1 tomatoes, peeled
3 green pepper, seeded
4 eggs
¼ cup vinegar
¼ cup olive oil
⅛ tsp. salt
¾ cup tomato juice

Puree the garlic, vegetables and eggs in an electric blender. Add remaining ingredients; chill.

Garnish:

1 cup bread cubes
2 tbs. olive oil
1 clove garlic
1 cucumber, diced
1 onion, chopped
1 green pepper, chopped

Brown bread cubes in the oil with garlic. Add with vegetables to the chilled soup just before serving. Yields: 8 servings.

Riina Iten

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GREEN BEANS ORIENTAL

Boil 1 lb. Frenched green beans in salted water 15 min. or until tender. Drain. Meanwhile, combine 2 tbs. melted butter or bacon fat, 1 tsp. cornstarch, 6 tbs. water and 1½ tsp. soy sauce. Bring to a boil and boil 1 min. Add ¼ cup sliced drained water chestnuts. Pour over cooked beans.

Vivian Keller

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VEAL—GERMAN STYLE

Required No. of pieces of veal cut very thin
Thinly sliced cheese
Thinly sliced ham

Place veal, then ham and cheese, then another slice of veal to form a sandwich. Roll each sandwich in beaten egg and breadcrumbs and cook in a little shortening.

Nola Daws

MUSHROOMS FLORENTINE

½ lb. fresh mushrooms
8 tbs. (one stick) butter, melted
1½ tbs. finely minced onion
1 clove garlic, finely minced
¾ cup puréed cooked spinach
½ cup minced cooked chicken or ground cooked pork
¼ tsp. nutmeg
½ tsp. salt
⅛ tsp. ground black pepper
2 tbs. freshly grated cheese (Parmesan or ball)
12 to 16 toast rounds, optional

Preheat the oven to 375°F. Wash the mushrooms and remove the stems. Dip the caps into six tbs. of the melted butter and place them upside down in a buttered baking dish. Chop the mushroom stems and saute them, along with the finely minced onion and garlic, in the remaining two tbs. of butter until soft but not browned, about ten minutes. Add the spinach, chicken or pork, nutmeg, salt and pepper to the sauted mixture. Fill the mushroom caps with this mixture, sprinkle with the grated cheese and bake 15 min. Serve hot on rounds of toast if desired. Yields: 4 to 6 servings.

Riina Iten

CHICKEN ASPARAGUS SOUP (CHINESE STYLE)

Chicken stock
Fresh chicken (cut in long pieces)
Chinese dried mushroom
Asparagus spears (cut in pieces)
Chinese Peas
Carrots
Spring onions
Eggs (white only)
Salt, pepper and Vitsen* to taste

Fresh chicken cut into long pieces, then boil it in chicken stock. When the chicken is tender, put the dried chinese mushroom, then put the carrots, chinese peas, spring onions, salt and pepper to taste. Add the beaten egg whites.

* *See definitions*

Baguio Country Club

MORCON ESPAÑOLA

1 kilo lean beef, sliced ¼ in. thick
1 tbs. soy sauce
1 tbs. calamansi juice
1 tsp. salt

Filling:

1 egg, slightly beaten
½ cup ground pork
⅓ cup ground cooked ham
¼ cup grated cheese
¼ cup raisins
¼ tsp. pepper
2 hard boiled eggs, quartered

Sauce:

2 cups water
½ cup tomato sauce
2 onions sliced
1 bay leaf
2 cloves garlic, macerated
1 tsp. salt
½ tsp. pepper

Slice meat into ¼ in. thickness and marinate in a mixture of soy sauce, calamansi juice and salt for a few min. Meanwhile, beat the eggs slightly. Add the pork, ham, grated cheese, raisins and the pepper and mix well. Spread the filling on the seasoned meat and arrange the quartered eggs and pickles. Roll as in jelly roll and tie with string. Prepare sauce by combining all the ingredients. Pour over morcon and simmer for one hour or until meat is tender. Makes 8 servings.

Lita Perfecto

POLVORON

1 cup flour or cornstarch
2 cups powdered milk
¾ cup sugar
½ cup fresh butter melted

Brown flour in a skillet. Remove from fire. Add powdered milk and sugar. Mix well. Add melted butter, mixing thoroughly. Mold with polvoron molder*. Wrap in cellophane.

*See definitions

Annie Mendoza

PANCIT LUGLUG

½ cup lard
1 head garlic, minced
½ cup sliced, boiled pork
½ cup soybean cake, cut into cubes
½ cup shelled shrimps blanched for ease of peeling, and diced
½ cup Chinese celery, sliced into half inch bits
2 tsp. salt
1 tsp. pepper
¼ cup achuete,* soaked in ½ cup water
4 tbs. flour
½ kilo dried rice noodles (bijon) soaked in cold water for 10 min. then drained and blanced in hot water or broth
½ cup finely flaked tinapa* (pick off tiny bones)
½ cup powdered sitsaron*
2 hard boiled eggs, sliced lengthwise
12 calamansi
Patis* season to taste

Fry garlic until brown. Drain and set aside. Add pork to lard, cook until brown. Add soybean cake and shrimps. Then add ½ cup shrimp juice, cover and bring to a boil. Add Chinese celery and season with salt and pepper. Set this pork-shrimp mixture aside. Soak achuete in water, squeeze out color and strain. Add this to rest of shrimp juice. Put mixture into a saucepan. Add flour to solution. Bring to a boil stirring constantly. Season with salt and pepper. This is the red sauce for the pancit which is called "palabok". Pour noodles into individual platters or into a large plate. Cover with sauce. Top sauce with pork and shrimp mixture, then sprinkle tinapa, fried garlic, and sitsaron over this, garnish with egg slices, celery leaves and calamansi. Serve hot with patis and calamansi.

* *See definitions*

Joving Santiago

INDIAN BANNOCK (SPOON BREAD)

Into mixing bowl put ¾ cup white or yellow corn meal, scant tsp. salt and 2 tbs. butter. Over this, pour 1 cup boiling water. Stir until smooth. Add 1 cup milk and 3 well beaten egg yolks. Fold in stiffly beaten whites of 3 eggs.

Pour into greased casserole and bake 50 min. in 350°F. oven.

Ann Westerfeld

MANDARIN SOUP (CHINESE)

Saute slightly 1 cup raw lean pork, cut into strips. Add 1 cup mushrooms (fresh if possible) ;½ cup diced carrot; 1 cup diced celery. Continue to saute until vegetables are tender. Add 6 cups bouillon beef or chicken, heated. Add ½ cup chopped spinach and 1 tsp. Aji-no-moto (Vichin). Bring to boil, add 1 egg, slightly beaten and stir in quickly. Then add 2 tbs. cornstarch made into a thin paste with a little water. Season with salt and pepper.

Vivian E. Keller

PANCIT MOLO

Boil chicken with onion, salt and pepper till tender. Remove chicken meat from bones and set aside.

(Prepare ingredients for noodles.)

Chop one big onion fine, add to ground ham and add pepper and salt to taste.

Add three eggs to ground ham and mix well. Set aside. (Prepare flour for noodles.)

Put 4½ cups of flour in a mixing bowl, add two yolk of eggs to flour and mix well using the hands, repeat till all 10 egg yolks are used alternating with a tablespoon of water till dough is smooth and can be rolled. Roll on rolling board till dough is paper thin and cut into squares of 4 in. by 4 in. Calculate the amount of ground ham for each square. Wrap lightly then turn noodle to form a cross and press tight to seal. Put finished noodles on serving tray and put in the sun for half an hour and then turn over for another twenty min. Slice left-over dough into thin noodles to be added to the soup.

Put two tbs. of lard in frying pan and fry slightly one chopped onion; then add flaked chicken and turn lightly over, add to chicken soup and bring to a boil. Drop slowly one at a time all the noodles and let boil. When noodles rise to the top, soup is done.

Keep warm till ready to serve.

Dice young onions fine and serve with soup.

Margarita Kolodzik

EMPANADA

½ cup melted shortening
½ tsp. baking powder
2 cups flour
¼ tsp. salt

Mix together 1 egg well beaten and ¼ cup water; cut in the shortening with the dry ingredients. Add egg and water and knead until smooth. Roll out thin on a floured board and cut with a round cookie cutter. Fill with about a tsp. of filling, fold over and press edges together. Fry in deep hot fat.

Filling:

1 kilo ground pork
¼ kilo ham
1 can vienna sausage
2 small boxes raisins
olives and pickles, chopped

Saute the above ingredients with garlic and onions finely chopped.

Annie Rice

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CANTONESE FRIED RICE
(Chow Rung-fun)

8 cups cooked rice, cold or hot
3 eggs, beaten with a dash of salt, but not too hard
¼ lb. chicken meat, cooked (seasoned with salt and pepper) diced
¼ lb. shrimps, shelled and cleaned (seasoned with salt and pepper) diced
3 pcs. dried mushrooms, soaked, cooked, diced
2 tbs. chopped ham
2 stalks fresh onions, diced

Heat 4 or 5 tbs. vegetable oil till a little smoke rises from the frying pan. Add: choped onion, fried brown, add the chicken and shrimps, heat until it is completely cooked, pull the beaten eggs around the ingredients blending with your kitchen turner. When the eggs appear half-cooked, add remaining rice, then 3 tbs. soy sauce, salt to taste, mix thoroughly until presents appetizing color. Then it is ready to serve. Nice when hot, specially for Baguio weather.

Joseph Lilay

PAPER WRAPPED FRIED PINEAPPLE CHICKEN
(Chi-Jar-Kite)

1 dressed chicken, approx. size, cut into 6 pieces (placed in a container)

Add:
2 tsp. salt, 3 dashes of pepper
3 tbs. Patis* (local make)
2 tbs. soy sauce (light one)
3 tbs. shredded fresh coconut
3 tbs. minced shallot (native onion or bombay onion)
2 tbs. brandy or wine (any kind)
6 tbs. Crisco, lard or olive oil
1 tsp. sesame oil
1 tsp. sugar
3 tbs. cornstarch

Combine all the ingredients, blend them and mix well together; marinate for 1 hour, may be longer, better.

6 pcs. of 1/3 ring of canned pineapple
6 pcs. thinly sliced ginger
6 pcs. 6 in. x 8 in. wax paper or aluminum foil paper
2 stalks green onion, cut into 6 pieces

Method: In each piece of paper, place 1 piece chicken, including the juice ingredients; add 1 piece ginger, 1 piece onion, 1 piece pineapple. Fold paper in envelope style and tuck in flap to secure. Heat oil and deep fry wrapped chicken, flap side down, until brown in color. Remove from oil and serve nice and hot — be careful! don't burn your hand; please use chopstick or strainer to remove.

**See definitions*

Joseph Lilay

QUICK TACOS

(Serves 5)

Tortillas
Cheese
Tomatoes
Lettuce
Ground beef
Canned spaghetti sauce

Grate cheese in advance. Chop tomatoes and lettuce. Brown ground beef in approximately ½ cup water (with onions optional). Drain liquid from pan and add spaghetti sauce. Avoid adding too much sauce, just enough to flavor. Add seasonings and set aside. Melt ½ inch of shortening in skillet. Hold taco with tongs, one at a time and lower into hot grease (do not let the grease become too hot). As soon as taco is soft, using tongs fold in half but do not let the 2 halves meet or you will be unable to fill with ingredients. As soon as the taco is crisp on both sides remove from heat and let drain on paper towel. Add ground beef, cheese, tomatoes, lettuce and hold together with toothpick.

Linda Erickson

TAMALE PIE

1½ pound ground beef
2 medium onions chopped
3 cloves garlic minced
1 green pepper chopped
1 can corn
1 can black olives sliced
1 can tomatoes
1 tablespoon salt
dash of cayenne
1 tablespoon sugar
1 tblsp. chili powder or more to taste
2 cups milk
1 cup yellow corn meal
grated cheese for topping

Saute ground beef, onion, garlic and green pepper in small amount of olive oil in large skillet. Transfer to large casserole and add vegetables, olives and seasonings. Stir in milk and corn meal. Sprinkle cheese on top and bake in 350° oven for 1 to 1½ hours. Do not let it become too dry. This can be frozen before or after baking.

Serves 12.

Carolyn Martin

TAWKOGI
(Chicken Korean Style)

1 fryer chicken
1 tblsp. sugar
4 tblsp. soya sauce
1 tblsp. roasted sesame seed
2 tblsp. sesame oil
dash of black pepper
1 long green onion
1 clove garlic
½ cup water

Bone the chicken and cut the meat into 1½ inch chunks. Chop the onion and the garlic fine and mix in a bowl with the meat and all the other ingredients except the water. Place a pan over medium heat, add the meat and other ingredients. Cook stirring slowly and turning the meat until about half done. Add the water and cook until done.

Try this with boiled rice, cucumber kimchi and rice wine, for a tasty Korean meal.

Jung Sook Nonini

MAJA BLANCA

4 c. coconut milk
(4 c. water to 1 grated coconut)* (See Recipe for Coconut Milk)

¾ c. sugar
¾ c. cornstarch
1 can evaporated milk, undiluted
(1 can sweetened condensed milk may be used instead of the evaporated milk and sugar.)

Mix ingredients together and cook in double boiler, stirring, until thick. Pour into greased mold and refrigerate until set.

Topping: Boil coconut cream (from another coconut) until oil comes to top. Pour off all the oil. Use coconut crumb residue in bottom of pan to sprinkle over top of maja blanca. This is called Latik.

Ciony Plata

LUMPIA SAUCE

Mix in sauce pan: 2 tblsp. cornstarch
½ tsp. salt
¼ cup white sugar
¼ to 1/3 cup vinegar
1 cup pineapple juice
3 drops red food coloring
2 drops yellow food coloring

Stir over low fire until thick.

Lou Gesner

QUICHE JARDINIERE

pastry for 9 inch pie shell
2 tblsp. finely chopped green pepper
2 tblsp. minced onion
2 tblsp. butter or margarine
½ c. sliced cherry tomatoes, ¼ inch thick
flour — pinch thyme — 1 c. grated Swiss cheese
3 eggs — 1-1/3 light cream
1 tsp. seasoned salt — pinch cayenne pepper garnish!
3 green pepper rings — 3 cherry tomatoes
freshly ground black pepper

Line pie plate with pastry, leaving a high, crimped edge. Prick bottom with fork. Bake at 400 degrees F. for 8 min. Allow pie shell to cool before filling.

Saute chopped peppers and onions in 1 tblsp. butter until golden, remove and set aside. Add remaining margarine to skillet. Dredge tomato slices in flour and quickly saute. Drain on paper towel. Arrange tomato slices on bottom of pie shell, sprinkle with pinch of thyme. Add green pepper and onions, sprinkle Swiss cheese over all. Beat eggs, stir in cream, seasoned salt and cayenne pepper. Pour over all. Garnish top with pepper rings, tomato halves. Bake at 375 degrees F. for 40 min. or until knife inserted in center come out clean. Remove from oven, season with black pepper. Let stand 10 min. before serving. Serves 6.

Elisabeth Michel, BCI

CASHEW, PEAS WITH SHRIMPS

¼ kilo pork, diced
2 cups cashew nuts
1 package garden peas, 10 oz.
2 cups shelled shrimps cut into two.
1 tblsp. cornstarch
½ cup water
1 tsp. soy sauce
salt and pepper to taste

Toast cashew nuts until brown. Add diced pork and green peas and saute for 10 minutes or until peas are cooked. Add shrimps and cook for 5 minutes until shrimps are well done. Add salt and pepper to taste.

Mix cornstarch, water and soy sauce — add to sauted mixture and boil until sauce becomes thick.
Serve hot.

Makes 4 - 5 servings.

Cashew nuts are best for this recipe but almonds could be used as substitute.

Marge Leung

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CUCUMBER KIMCHI

3 cucumbers (long thin ones)
2 tsp. salt
1 tsp. crushed, dried red peppers without the seeds
⅛ tsp. chopped fresh ginger
¼ tsp. Aji-no-moto
1 long green onion
1 small clove garlic
1 small piece of white Oriental radish

Procedure: Cut the cucumbers into three inch long chunks. Quarter each piece lengthwise about 2/3 of the way through, leaving the remaining third uncut. Place the cucumbers into a bowl and sprinkle over them about 1½ teaspoons of the salt. Allow to stand.

Shred the radish and the onion into long thin strips, crush the garlic and mix these ingredients with the pepper, ginger, aji-no-moto, and the remaining salt together in a separate bowl. When thoroughly mixed, use this material to stuff the cucumber chunks. Pack the chunks rather snuggly into a jar. Allow to stand for 24 hours, then eat.

This is normally served as a relish with boiled or fried rice.

Jung Sook Nonini

CAKES AND COOKIES

"Sweets to the sweet."

Shakespeare

LEMON-FROSTED DATE CAKE

- 1 cup boiling water
- 1 pkge. (8 oz.) pitted dates, finely chopped
- 1¾ cups sifted all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. cinnamon
- ½ tsp. salt
- ½ cup soft butter, margarine or shortening
- ¾ cup granulated sugar
- 1 egg
- 1 cup finely chopped walnuts

Pour boiling water over dates in small bowl; let stand 20 min. Preheat oven to 350°F. Lightly grease, then flour a 9 in. square pan.

Sift flour with baking powder, soda, cinnamon and salt; set aside. Beat butter with sugar and egg until light and fluffy.

Beat in flour mixture and date mixture, a little of each at a time, beginning and ending with the flour mixture. Stir in walnuts just until combined. Turn into prepared pan; bake 40 to 45 min. or until surface springs back when gently pressed with fingertip. Let cool 10 min, in pan, then turn out of pan and let cool completely. While cake cools, make lemon frosting.

Lemon Frosting:

- ¼ cup soft butter or margarine
- 2 cups sifted confectioners sugar
- 1 tbs. grated lemon peel
- 2 tbs. lemon juice

Combine ingredients and beat until smooth and fluffy. Frost top of cooled cake. Makes 9 servings.

Ivie Miley

SIMPLE SPONGE CAKE

3 eggs
1 cup castor or plain sugar
1 cup flour
3 tbs. cold water

Beat eggs and sugar well. Add sifted flour, then stir in water. Bake 20 min. at 350°F. in two 7 in. pans or 30 min. in one square pan.

Barbara Hetherington

CARROT PUDDING

(The easiest way to eat potatoes and carrots)

1 cup grated carrots
1 cup grated potatoes
1 cup sugar
1 cup raisins
1 cup flour
1 tsp. allspice
1 tsp. cloves
1 tsp. nutmeg
1 tsp. salt
½ cup margarine or butter
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
½ cup nuts
1 egg
2 tbs. molasses

Grind carrots, potatoes and raisins through a food chopper. Add all spices, soda and baking powder to flour. Add all moist ingredients to the flour mixture. Place in a well greased mold and boil over hot water for 3 hours. (Or steam in pressure cooker according to directions for steamed puddings for your pressure cooker). For a less spicy flavor, omit cloves and all spice.

Serve hot with lemon sauce, caramel or hardsauce; or serve cold with whipped cream.

Lemon Sauce: Combine ½ cup sugar and 4 tsp. cornstarch. Gradually add 1 cup hot water and cook 5 to 7 min., stirring constantly. Add 1 slightly beaten egg yolk (add a little of the hot mixture first to the egg yolk). Add 1 tsp. grated lemon rind and 3 to 4 tbs. lemon juice and 1 tbs. butter.

Cecilia Jenson

CHEESE CAKE

1 pkg. Zwieback (24 pcs.)
1 cup sugar for the crust
1 cup sugar for cheese mixture
1 tsp. cinnamon
½ cup melted butter
1 lb. cream cheese or 6½ pkgs. of cream cheese
4 eggs
3 tbs. flour
¼ tsp. salt
¾ tsp. vanilla
2 tbs. lemon juice
½ tsp. lemon rind
1 cup evaporated milk or cream

Grind Zwieback fine, combine 1 cup sugar, cinnamon and butter. Mix well and press all but 1/3 cup Zwieback into a 9 in. spring form pan or mold. Put in refrigerator until filling is ready. Beat eggs until thick and light, add 1 cup of sugar, flour, salt, vanilla, lemon juice and rind and beat well. Combine milk and cheese. Mix well and add to egg mixture. Pour into pan containing crumbs and sprinkle with remaining crumbs. Bake at 325°F., 1¼ to 1½ hours.

Cecilia Jenson

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APPLESAUCE CAKE

½ cup soft butter or margarine
1 cup sugar
3 eggs
1 cup sifted flour
¼ tsp. salt
2 tsp. baking powder
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. ground cloves
½ cup milk
1 cup raisins
1 cup chopped nutmeats
¾ cup canned applesauce
1 cup rolled oats (quick or old fashioned, uncooked)

Beat butter until creamy. Add sugar and beat until fluffy. Add eggs. Beat well. Sift together flour, salt, baking powder, cinnamon, nutmeg and cloves. Add to creamed mixture alternately with milk. Stir in raisins, nutmeats, applesauce and rolled oats. Pour batter into greased and floured ring mold, 1½ quart size. Bake at 350°F. 45 to 50 min. Loosen edges, cool 10 min., then remove from pan. Cool.

Frost with thin orange powdered sugar frosting. Decorate with pecan halves. Makes 1 cake ring.

Mary Ann Coleman

DREAM CAKE

2 cups flour
1 cup butter

Mix — press into pan. Bake at 325°F. — cool — cover with following and bake at same heat:

Topping:

1½ cups brown sugar
1 cup walnuts
2 tbs. flour
2 eggs
½ cup dates
½ tsp. baking powder

Ann Bean

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WHITE CAKE (Basic Recipe)

2 cups sifted cake flour
1-1/3 cups sugar
½ cup Crisco
2/3 cup milk
1 tsp. salt

Blend these ingredients for two min. in electric mixer. Add 3 tsp. of baking powder along into mixture.

Now add: 1/3 cup milk, 2 unbeaten eggs and 1 tsp. vanilla. Bake in two layers, in 350°F. oven for 30 min.

Ceçilia Jenson

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CHOCOLATE FRIDGE CAKE

½ lb. butter
2 tbs. cocoa
1½ packets biscuits (cookies)
1 lb. confectioner's sugar
2 eggs
1 tsp. vanilla essence
pinch salt

Melt butter in saucepan; stir in confectioner's sugar and cocoa. Beat eggs, add vanilla and salt, and pour into melted butter. Remove from stove. Crumb biscuits into small pieces and stir in thoroughly. Pour mixture into cake pan and flatten. Set in refrigerator.

Mary Martin

THREE POUND GERMAN MARBLE CAKE

1 lb. Crisco or 13 heaping tbs. Crisco
2 cups sugar
1 tbs. vanilla
1 tbs. rum
4 eggs
4¼ cups flour
3 heaping tsp. baking powder
1 cup milk
6 heaping tbs. cocoa
6 heaping tbs. sugar
little milk

Cream shortening, then cream each of the following ingredients into the shortening separately: sugar, eggs, vanilla and rum. Sift flour and baking powder into batter and mix well. Add milk and mix well. *The batter must be thick.* Pour three-fourths of the batter into greased angel food cake pan, or any circular fancy pan 11 in. in diameter.

Mix cocoa, sugar and a little milk; add this to remainder of batter, mix, then place on top of white batter and with a fork work in chocolate batter a little to make it a marble cake. Bake in a 320°F. preheated oven for one hour. Check to see if done, if not, bake additional 15 min. Remove from oven and let cool. *Do not turn upside down to cool.* Remove from pan when *cool.* Sift confectioner's sugar over top and serve.

Madge Melton

CARAMEL CAKE

Allow ½ cup brown sugar to burn in a saucepan. Add ¼ cup boiling water. Cool.

½ cup butter
1½ cups white sugar
2 eggs, separated
1 tsp. vanilla essence
3 tbs. syrup from brown sugar
1 cup water
2½ cups sifted flour
2 tsp. baking powder
pinch of salt

Cream the butter and sugar; beat in the egg yolks and vanilla. Add the sifted dry ingredients alternately with the combined syrup and water. Fold in the stiffy beaten egg whites. Bake in a prepared 8 in. round pan at 350°F. for 50 min. to 1 hour.
Frost with coffee butter cream.

Elisabeth Inns

RED CHOCOLATE CAKE

Cream together ½ cup shortening, 1½ cups sugar. Add 2 eggs. Make paste of: 2 oz. red food coloring, 2 tbs. cocoa — add to above mixture.

Then add the following to this whole mixture: 1 tsp. salt, 1 tsp. vanilla, 1 cup buttermilk, 2¼ cups flour. Beat thoroughly.

Then mix together: 1 tbs. vinegar and 1 tsp. baking soda. Fold this gently into first mixture.

Bake at 350°F. for 30 min. After cooling, cut each layer into two so that there will be four layers of cake.

Ice with following, cooked until very thick: 5 tbs. flour and 1 cup milk. COOL COMPLETELY. Cream together and then add to cooled mixture: 1 cup margarine or butter, 1 cup sugar and 1 tsp. vanilla.

Vivian E. Keller

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ORANGE CAKE

1 stick oleo
½ cup white sugar
½ cup brown sugar
3 eggs
½ cup raisins
½ cup dates
2 cups flour
1 tsp. soda
¼ tsp. baking powder
1 cup sour cream
1 orange peel, grated
½ tsp. salt

Cream oleo, salt and sugars. Add eggs, one at a time, and beat well. Sift flour, soda and baking powder together and add alternately with the sour cream. Add orange peel, finely chopped raisins and dates. Bake in 350°F. oven.

Mix 1 cup white sugar and 2/3 cup fresh orange juice. Stir until dissolved and pour over cake while still hot.

Martha West

QUICK AND EASY FRUIT COCKTAIL CAKE

Sift together:

1 cup sugar
1¼ cups flour
1 tsp. soda
¼ tsp. salt

Beat together:

1 egg, and add
2 cups fruit cocktail, including the juice

Combine the two mixtures. Place in a 7 in. x 11 in. pan and cover with ½ cup brown sugar and ½ cup chopped nuts. Bake about 40 min. or less at 350°F. Cut and serve with ice cream.

Vivian E. Keller

APPLE-NUT CAKE

1½ cups gran. sugar
3 cups diced apples
2 eggs, slightly beaten
4½ tbs. Wesson oil
1¾ cups flour
¼ tsp. salt
½ tsp. vanilla
1½ tsp. cinnamon
½ tsp. baking soda
1 banana, mashed
½ cup nutmeats
½ cup raisins
½ tsp. lemon juice

Mix all ingredients in order given and mix well. Pour into loaf pan and bake in 350°F. oven for 50 to 60 min. or until done.

Mary Ann Coleman

LEMON LOAF CAKE

½ cup shortening
1 cup sugar
1½ cups sifted flour
1 tsp. baking powder
2 eggs
grated rind of 1 lemon
pinch of salt
½ cup milk

Cream shortening and sugar; beat in eggs and lemon rind. Add the sifted dry ingredients alternately with the milk. Bake in a greased loaf pan 9 in. x 5 in. x 3 in., for 45 min. at 350°F.

Mix together ¼ cup white sugar and juice of 1 lemon. Pour this mixture over the cake in the pan when it leaves the oven. Let it stand until cool.

Elisabeth Inns

BANANA NUT CAKE

½ cup butter
½ cup brown sugar
½ cup white sugar
2 eggs
½ cup sweet milk
1½ tsp. soda
1½ cups flour
1 cup nut meats
1 cup mashed bananas

Cream butter and sugar. Add beaten egg yolks. Sift soda with flour and add alternately with milk. Add nuts and bananas. Fold in beaten egg whites and bake in 350°F. oven for 30 min.

Never Fail Caramel Icing: I cup brown sugar, 4 tbs. cream, 1 tbs. water, 1 tbs. butter. Mix and bring to a boil; thicken with powdered sugar, then spread on cake.

Lourdes Gesner

APPLE SAUCE CAKE

1 cup sugar, white or brown
½ cup butter or shortening
½ cup sour milk
2 eggs
1½ cups apple sauce
2 tsp. soda
2 tsp. cinnamon
2 cups flour
1 tbs. cocoa
1 cup walnuts
1 cup raisins
1 cup dates
1 tsp. cloves
1 tsp. baking powder

Cream butter and sugar; add eggs. Mix soda with warm apple sauce and add to butter and sugar. Stiff flour and baking powder twice, add spices and cocoa and sift again. Soak raisins in hot water, drain and add with dates and walnuts. Bake in greased loaf pan, in moderate oven, for one hour. If pans are small, make two loaves.

Fudge Icing: 1½ tbs. butter; ¼ cup cocoa; 1¼ cups sugar; ¼ tsp. salt; ¼ cup milk; ½ tsp. vanilla. Place the ingredients together in a saucepan; cook slowly until well mixed, then boil until thick. Beat until smooth before spreading. If icing becomes hard before cake is iced, place for a few seconds in a pan of hot water.

Ruth Pessin

SPECIAL NEVER FAIL CHOCOLATE CAKE

1/3 cup brown sugar
1/3 cup strong coffee
8 tbs. cocoa
1 tsp. vanilla
1 tsp. butter

Cook like custard. Cool, add to the following:

1/3 cup butter
1 cup sugar (½ cup brown, ½ cup white)
½ cup strong coffee
2 eggs, beaten until light
1½ cups cake flour
1 tsp. soda
½ tsp. baking powder
1 tsp. vanilla
pinch of salt

Prepare this as for any cake batter. Sift flour and soda together, add other ingredients. Bake in moderate oven, 350°F., in layers, and frost with uncooked icing below:

Uncooked frosting:

2 cups powdered sugar
8 tbs. cocoa
1 tbs. butter
enough coffee to blend
1 tsp. vanilla

Dissolve cocoa in hot coffee. Mix to smooth paste, cool. Spread between and on top of layers of cake.

Martha West

BEST CHOCOLATE FUDGE CAKE

Cook together until thick: 3 squares Baker's chocolate, 2/3 cup white sugar, ½ cup milk, 1 beaten egg. Let cool.

Cream together: ½ cup butter, 1 cup sugar, 1 tsp. vanilla.
Add to the above mix: 2 eggs — one at a time.

Sift together and add a little at a time alternately with the milk: 2 cups sifted flour, 1 tsp. soda, ½ tsp. salt, 2/3 cup milk.

To the above mixture add the cooled custard and blend thoroughly. Bake in two 9 in. layer pans 25 to 30 min. at 350°F. A regular cooked fudge icing goes well on this.

Judy Davidson

WALDORF'S RED VELVET CAKE

½ cup Crisco or Spry
1½ cups sugar
2 eggs
2 oz. red food coloring
2 tbs. cocoa
¾ tsp. salt
2¼ cups sifted cake flour
1 cup buttermilk
1 tsp. soda
1 tbs. vinegar
1 tbs. vanilla

Cream shortening and sugar and eggs. Mix thoroughly. Mix together into a paste, food coloring, cocoa and vanilla. Pour 1 cup buttermilk into cup used to make red paste. Sift flour and salt. Add alternately with buttermilk. Beat well, then fold in soda, then fold in vinegar.

Bake 25 min. at 350°F. in three 8 in. cake pans, or two 9 in. pans.

Frosting: Cook over low flame until consistency of paste — 1 cup milk and 5 tbs. flour, then cool.

Cream 7½ tbs. butter or oleo and 7½ tbs. shortening and 1 cup white sugar. Add to first mixture and beat until light, fluffy and smooth. Add 1 tsp. vanilla.

Martha West

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CARROT CAKE

1½ cups grated almonds
1½ cups grated carrots
1 cup sugar
5 eggs, separated
grated rind of lemon
2 tbs. Arrak, Rum or lemon juice

Beat to a foam, egg yolks and sugar. Add spoon by spoon, alternating the ingredients. Lastly mix the beaten egg white (stiff) gently into the dough. Bake in middle heat 45 — 60 min. Place a buttered wax paper at the bottom of baking pan to avoid sticking. If dough turns out to be a little too thin, add 1 or 2 tbs. of flour before adding egg white.

Icing: Calamansi juice and powdered sugar. Stir into the calamansi juice the powdered sugar until quite thick, so it won't be runny anymore. Spread over cake evenly.

Julie Dilli

JAM CAKE
(Good for X'mas)

1 cup butter
2 cups sugar
1 cup coconut
1 cup blackberry jam, seedless
2 cups flour
2 eggs
1 cup raisins
1 cup nuts
1 tsp. soda
1 cup buttermilk

Sift soda and flour together. Roll chopped nuts, and raisins in flour. Cream butter, add sugar, cream well, then add other ingredients alternately with buttermilk, stir until well mixed, but do not over beat. Pour into 3 well greased and floured cake pans and bake until done, in 350°F. oven.

Martha West

BLACK WALNUT CAKE

Cream ½ cup butter, gradually add 1 cup sugar. Sift together 1½ cups flour, 2 tsp. baking powder, ¼ tsp. salt. Add alternately to above mixture with ½ cup milk.

Add 1 cup finely chopped walnuts, either black or ordinary variety. Fold in 4 stiffly beaten egg whites. Bake 30 min. in 350°F. oven.

Filling: Finely chop 1 lb. (in shell) walnuts. Add 4 beaten egg yolks and 1 cup light cream. Cook in top of double boiler until thick. Spread between and on top of layers. Very rich.

Ann Westerfeld

RICH CARROT CAKE

3 cups flour
2 cups sugar
2 tsp. soda
2 tsp. baking powder
2 tsp. cinnamon
½ tsp. salt
4 large eggs
1½ cups Wesson oil
2 cups finely grated carrots
½ cup nuts

Bake 1 hour 15 min. in 350°F. oven in 10 in. tube pan. When cool, may be served without icing.

Martha West

BABA AU RHUM

2 cups sifted flour
¼ lb. butter
4 whole eggs
1 tbs. sugar
½ cup warm milk
pinch of salt
1 tbs. and ½ tsp. yeast

Melt the yeast with the warm milk and mix it with ¼ of the flour. Let it double in size, then mix in a bowl with the rest of the flour. Add 2 eggs, the salt, sugar and butter. Work with the dough with the hand till it is smooth, add 1 egg, work the dough again and add the last egg. When the dough is shiny, put it in a well buttered form about 2/3 high in small quantities at a time, let it rise and bake in good heat for 25 to 30 min.

Turn the cake over into a deep plate and pour on top the following mixture: 1 pint of water, 1½ cup sugar and 6 jiggers rum. Bring the mixture to boil, let it cool and pour. Occasionally, spoon the accumulated liquid over the cake. To give the final touch put whipped cream over the whole cake.

Julie Dilli

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RASPBERRY SQUARES

Cake:

1 cup sifted flour
1 tsp. baking powder
⅛ tsp. salt
½ cup butter
1 egg
1 tbs. milk

Topping:

4 tbs. butter
1 egg
1 cup sugar
1 cup shredded coconut
1 tsp. vanilla
Raspberry jam

Preheat oven at 350°. Grease an 8 inch square baking pan.

Sift flour, baking powder and salt together. Cut in butter with pastry blender until mixture looks like coarse meal. Beat egg slightly and stir into flour mixture along with the milk.

Mix well and spread evenly over bottom of baking pan. Cover with raspberry jam.

To prepare topping: Melt butter. Beat egg until frothy, beat in sugar and melted butter. After thoroughly mixed, add coconut and vanilla. Spread on top of raspberry jam. Bake 30 min. Cool and cut in squares.

Ann Westerfeld

MONTE CARLO COOKIES

Mix thoroughly:

¼ lb. butter
¼ cup sugar
1 egg
2 tsp. honey

Sift together and stir in:

2 cups flour
1 tsp. cream of tartar
pinch of salt
1 large tbs. coconut

Mold into 1 in. balls, place on greased cookie sheet and press flat with fork. Bake in moderate oven ten min. or until light brown. When cool, fill with icing and sandwich two cookies together.

Filling: Beat 1 tbs. butter with 1 cup powdered sugar to a cream. Add ¼ tsp. vanilla.

Barbara Hetherington

PECAN CRISPIES

½ cup shortening
2½ cup brown sugar
2½ cups flour
½ tsp. soda
½ cup butter
2 unbeaten eggs
¼ tsp. salt
1 cup chopped nuts

Thoroughly cream sugar and shortening. Add eggs and beat well. Add sifted dry ingredients and nuts. Drop from spoon 2 in. apart onto greased cookie sheets. Bake in 350°F. oven for 12 to 15 min.

Martha West

DATE NUT COOKIES

Cream 1 cup shortening, add ¾ cup each of brown and white sugar. Add 3 well beaten eggs.

Add 3 cups flour sifted with 1 tsp. soda, 1 cup chopped nuts, 1 cup chopped dates, 1 tsp. vanilla. Drop by teaspoon on greased baking sheet. Bake at 350°F.

Ann Westerfeld

NEW ORLEANS BROWNIES

¾ cup sifted flour
½ cup butter or substitute
½ tsp. baking powder
½ tsp. salt
1 cup sugar
2 eggs
2½ oz. chocolate
1 tsp. vanilla
½ cup chopped walnuts or peanuts

Sift together flour, baking powder, salt. Cream butter and sugar, add eggs one at a time, add chocolate (melted and cooled) and vanilla. Blend in dry ingredients and nuts. Mix well. Pour into well greased and floured 9 in. x 9 in. x 2 in. pan. Bake in moderate oven 25 to 35 min. Cool. Cover with green peppermint mock cream and melted chocolate. Cut into bars when cooled.

Topping: Mix butter, powdered sugar and milk, then add ½ tsp. peppermint extract and green food coloring. Spread on cake. Melt 1oz. chocolate and add a little powdered sugar and spread it over.

Barbara Hetherington

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REFRIGERATOR DATE PIN-WHEEL COOKIES

2½ cups chopped pitted dates
1 cup sugar
1 cup water
1 cup chopped nuts
1 cup shortening
2 cups brown sugar
3 eggs, beaten
4 cups sifted flour
½ tsp. salt
½ tsp. baking soda

Combine dates, sugar and water in saucepan and cook over low heat until thick, which is about 10 min. Add nuts and cool. Meanwhile, cream shortening, add brown sugar gradually, then the beaten eggs. Add remaining ingredients sifted together and mix well. Chill thoroughly. Divide mixture into 2 parts and roll separately into rectangle, about ¼ in. thick. Spread with date filling and roll up as a jelly roll in 2 long rolls. Chill overnight. Cut with sharp knife into slices. (The thinner sliced, the more crumbly). Bake at 375°F. for 10-12 min.

Martha West

CREAM COOKIES

2 eggs
1 cup sugar
1/3 cup butter, melted
½ cup sour cream
½ tsp. vanilla
½ tsp. soda
¼ tsp. nutmeg
2 cups flour

Beat eggs and sugar. Cream in butter and vanilla. Sift together vanilla, soda, nutmeg and flour. Combine all ingredients. Drop from spoon on buttered cookie sheet. Bake in moderate oven, 375°F., for about 8 min.

Ruth Pessin

DATE STICKS

(Light and fluffy — no shortening used, so not as fattening as some cookies.)

Beat whites and yolks of 2 eggs separately. Then beat together. Add one cup powdered sugar, 2/3 cup flour, 2 tsp. baking powder, 1 tsp. vanilla, pinch of salt, 1 cup stoned dates, cut up, and 1 cup chopped nuts.

Spread quite thin in a greased pan, and bake in moderate oven. Cut and cool. Roll in powdered sugar.

Martha West

HOLIDAY NUGGETS

Cream ¾ cup shortening and ¼ cup margarine. Add ½ cup powdered sugar.

Add 2 cups flour, 1 tbs. vanilla, 1 tsp. almond flavoring and ½ cup nuts (chopped).

Roll in small balls and bake for 25 min. at 325°F.

Cecilia Jenson

SLICE 'N SERVE COOKIES

Sift ¾ cup sifted flour with ½ tsp. baking powder and ½ tsp. salt. Stir in 1 cup dates cut fine, and ½ cup pecans, chopped (or walnuts). Beat ½ tsp. vanilla with 3 eggs. Gradually add ¾ cup sugar, beat until thick and ivory color. Do not underbeat. Fold in dry ingredients, half at a time. Spread in 15 in. x 10 in. x 1 in. jelly roll pan greased on bottom, lined with wax paper, then greased generously and floured well.

Place 10 maraschino cherries, well drained, across each end, about ½ in. from edge. Bake at 325°F. for 25 to 35 min.

Turn out on wax paper sprinkled well with powdered sugar. Cut crosswise into two 10 in. x 7 in. rectangles. Roll each tightly, beginning with cherry end. Wrap; cool. Spread with frosting. Roll in 1 cup pecans, chopped. Chill. Serve in ½ in. slices.

Butter Frosting: Blend 1¼ cups sifted, powdered sugar with ¼ cup soft butter. Add 3 tsp. cream and ¼ tsp. vanilla.

Velma Howard

WALNUT SQUARES

½ cup butter
½ cup sugar
1 tsp. baking powder
vanilla
1½ cups flour
2 egg yolks
salt

Cream butter and sugar, add yolks, flour, baking powder, salt and vanilla. Knead together and line a 9 in. x 13 in. pan.

Filling: Beat 2 egg whites stiff, add 1 cup brown sugar and 1 cup chopped walnuts. Spread over mixture in pan.
Bake at 325°F. for 20-30 min.

Icing: 2 cups powdered sugar, 1/3 cup butter (scant), 1½ tbs. lemon juice, rind.

Shirley Gouldsmith

BANANA BARS

1 cup flour
¾ cup sugar
½ tsp. baking powder
½ tsp. salt
¼ tsp. soda
¾ tsp. cinnamon
¼ tsp. cloves
¼ tsp. allspice
1 unbeaten egg
¼ cup milk
1/3 cup pecans optional) chopped
¼ cup butter
1/3 cup mashed ripe banana (about 1 small)

Sift first 8 ingredients together. Cream the butter and add the banana; blend thoroughly. Blend in the egg and beat well. Add the dry ingredients alternately with milk and ending with dry ingredients. Blend thoroughly after each addition. Stir in pecans, if used. Spread in a well-greased and lightly floured 13 in. x 9 in. x 2 in. pan. Bake in a 350°F. oven 22 to 25 min. Frost while warm.

Lemon Frosting: Combine 2 tbs. melted butter, 1 tbs. hot water and 2 tsp. lemon juice. Blend in 1 cup sifted confectioners sugar. Thin with additional hot water, a few drops at a time, if necessary.

Darline Green

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MONTANA FILLED COOKIES

1 cup sugar
1/3 cup margarine
1 whole egg
¾ cup milk
3½ cups flour
3 tsp. baking powder
¼ tsp. salt
1 tsp. vanilla

Cream shortening, sugar, add egg and beat again. Stir in milk alternately with dry ingredients. Add vanilla. When it can be easily handled, roll out thin. Cut into squares or rounds (2 inches across), then add filling, 1 tbs. to each square, on one side. Fold over the top and pinch with fork on edge so filling will not come out. Bake on well greased cookie sheet until nicely brown.

Filling: Grind any kind of dried fruit and nuts together. Add 1 cup sugar, 3 tbs. lemon juice. Boil together with ½ cup water, 2 tbs. flour. When thick, can be spooned into cookies.

Hazel Acton Elliott

REFRIGERATOR COOKIES

1 cup butter
½ cup brown sugar
½ cup white sugar
1 egg, slightly beaten
2 cups flour
½ tsp. soda
¼ tsp. salt
½ tsp. vanilla
½ cup nut meats broken in pieces; or ½ cup raisins or ½ cup coconut

Cream butter and sugar; add eggs. Sift together flour, soda and salt; add to creamed mixture. Add flavoring and nuts. Form in rolls, chill, slice and bake in hot hot oven at 400°F. For variety, flavor with nutmeg or cinnamon.

Ruth Pessin

PEANUT BUTTER COOKIES

½ cup shortening
½ cup peanut butter
1½ cups flour
¾ tsp. soda
½ tsp. salt
1 egg
1 cup sugar
½ tsp. baking powder

Cream shortening, peanut butter and sugar. Add dry ingredients and mix well. Roll into balls and press with fork on cookie sheet. Bake about 10 min. in 375°F. oven.

Martha West

FOOD FOR THE GODS

1 box (7½ oz.) chopped dates
1 cup chopped walnuts
2 tsp. baking powder
3 eggs
½ cup flour
¾ cup sugar
⅛ tsp. salt

Sift flour. Mix with baking powder and salt, and sift again. Add dates, nuts and sugar. Add unbeaten eggs, one at a time. Bake in a greased 8 in. square pan at 350°F. for 45 min. Cut in squares and roll lightly in granulated sugar.

Annie Rice

COCONUT-OATMEAL

1 egg
2 cups uncooked oats
pinch salt
½ cup nuts
1 cup flour
¼ tsp. soda in 4 tbs. hot water
½ cup coconut
1 cup brown sugar
½ cup melted Spry
1 tsp. baking powder

Beat egg, add other ingredients. Bake in moderate oven 350°F., 20 to 25 min.

Martha West

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WALNUT BARS

Preheat oven to 350°F. Cream ½ cup soft butter with ½ cup (loosely packed) light brown sugar. With hands work in 1 cup sifted all-purpose flour. Pat into bottom of greased 8 in. x 8 in. x 2 in. baking pan. Bake 10 to 12 min. or until golden. Let cool. Increase oven temperature to 375°F. Now prepare the topping. Beat 2 eggs until light. Gradually beat in ½ cup light brown sugar, 2 tbs. flour, ¼ tsp. salt, ¼ tsp. baking powder, ½ cup karo, 1 tsp. vanilla, 1½ cups chopped walnuts.

Spread evenly over cooled crust. Bake 20 min. or until browned and firm to the touch. Let cool. Cut into squares.

Ann Westerfeld

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BOURBON BALLS

2½ cups crushed vanilla wafers
2 tsp. cocoa
1 cup confectioners sugar
1 cup chopped nuts
2 tsp. corn syrup
¼ cup bourbon
Confectioners sugar

Mix well — wafers, cocoa, 1 cup sugar, nuts. Add syrup, bourbon and mix well. Form into 1 in. balls and roll in sugar.

Marie M. Willimont

RAISIN NUT APPLESAUCE CAKE OR COOKIES

1 cup seeded raisins
1 cup nuts (chopped)
½ cup shortening
1 cup sugar
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. cloves
1 unbeaten egg
1 cup applesauce
2 cups flour for cake and 2½ cups for cookies
½ tsp. salt
1 tsp. baking powder
1 tsp. soda

Pour boiling water over raisins, let stand a few minutes, then drain and mix with chopped nuts. Set aside.

Cream shortening with sugar and spices until light and fluffy. Add the egg, beat well. Blend in applesauce, add dry ingredients, and beat until smooth. Stir in the raisins and nuts. Bake in 350°F. oven for 45 min. for cake.

For cookies drop by teaspoonful on cookie sheet and bake at 400°F. for 12 to 15 min.

Patricia Blair

CHOCOLATE COOKIE SHEET CAKE

In a bowl put 2 cups flour, 2 cups sugar and ½ tsp. salt. Stir well together.

In a saucepan put 1 stick oleo, 1 cup water, ½ cup shortening and 3 tbs. cocoa. Bring to boil. Pour over flour mixture. Mix well. In another bowl put 2 eggs (well beaten), 1 tsp. soda, ½ cup buttermilk and 1 tsp. vanilla. Mix well — add to other mixture.

Bake in greased and floured cookie sheet (15½ in. x 10½ in. x 1 in.) at 350°F. for about 25 min.

Icing: Start icing while cake is still baking — last 5 minutes or so. Use same saucepan and put: 1 stick oleo or butter, 3 tbs. cocoa and 6 tbs. milk. Melt, but do not boil. Take off heat and add 1 box confectioners sugar, 1 tsp. vanilla and ½ cup chopped nuts. Stir well — ice cake as soon as you remove from oven.

Madge Melton

MELTAWAY CHOCOLATE COOKIES

Set out cookie sheets. Sift together and set aside: 1 cup sifted cake flour, 1/3 cup sifted confectioners sugar, 2 tbs. cocoa and ¼ tsp. salt.

Cream together until butter is softened: ½ cup butter and 1 tsp. vanilla extract.

Beating until smooth after each addition, add dry ingredients in fourths.

Drop by teaspoonful about 2 in. apart onto the cookie sheets. Flatten each to about ⅛ in. thickness with tines of a fork, dipped frequently in water. Form a crisscross pattern. Bake at 375°F. for 12 to 15 min.

Remove cookies from sheets. Place close together on waxed paper. Generously sift confectioners sugar over warm cookies. Makes about 4 dozen coopies.

Elisabeth Michell

BIRD'S NEST COOKIES

1 cup margarine or butter
½ cup brown sugar packed
2 egg yolks
½ tsp. vanilla
2 cups sifted flour
¼ tsp. salt
2 egg whites, unbeaten
1½ cups chopped nuts

Cream margarine and add sugar gradually. Add egg yolks. Blend in vanilla. Fold in flour and salt. Form into 1 in. balls. Roll in unbeaten egg whites, then in the chopped nuts. Bake in 350°F. oven for 5 minutes. Then press the top of each cookie with a thimble or handle of wooden spoon. Continue baking again for 2-5 min. or until done and golden brown. Fill the indented center with strawberry jam or tinted confectioners sugar icing.

Vivian E. Keller

DATE PINWHEELS

1 cup shortening
¾ cup white sugar
¾ cup brown sugar
2 eggs
2 tsp. vanilla
3 cups sifted all-purpose flour
2 tsp. baking powder
½ tsp. salt

Cream shortening and sugar. Add eggs one at a time, beat well after each addition. Add flavoring. Add flour sifted with baking powder and salt. Chill dough in refrigerator. Divide it into two portions. Roll out each piece into an oblong and spread with cold date filling. Roll up as for jelly roll and chill until firm. Slice and bake 10-12 min. at 400°F. Yield: 4-5 dozen cookies.

Filling:

2 cups chopped dates
1 cup chopped nuts
1 cup sugar
1 cup water

Mix and cook over low heat until thick. (About 10 min.) Cool completely before spreading on dough mixture.

Cecilia Jenson

Children like Oodles of

SNICKERDOODLES

Preheat oven to 400°F. Mix together thoroughly 1 cup soft shortening, 1½ cups sugar and 2 eggs.

Sift together and stir in 2¾ cups sifted Gold Medal flour, 2 tsp. cream of tartar, 1 tsp. soda, and ½ tsp. salt.

Chill dough. Roll into balls the size of small walnuts. Roll in a mixture of 2 tbs. sugar and 2 tsp. cinnamon.

Place about 2 in. apart on ungreased cookie sheet. Bake 8-10 min. in moderately hot oven, 400°F. until lightly browned but still soft. (These cookies puff up at first then flatten out with crinkled tops). Makes about 5 dozen 2 in. cookies.

Sally Nordstrom

SWEDISH HEIRLOOM COOKIES

Cream 1 cup shortening (half butter for flavor); add gradually 1 cup confectioners sugar and ½ tsp. salt, creaming well. Add 1¼ cups almonds, ground.

Blend in 2 cups sifted best enriched flour gradually; mix thoroughly. Add 1 tbs. water and 1 tsp. vanilla. Mix thoroughly with fork. Shape into balls or crescents using 1 level tbs. of dough for each cookie. Place on ungreased baking sheets. Flatten slightly.

Bake in moderate oven 325°F. for 12 to 15 min. Roll in confectioners sugar while still warm.

Sally Nordstrom

LYDIA'S SWEDISH GINGER COOKIES

Mix together thoroughly:

½ cup of shortening (part butter for flavor)
1 cup brown sugar, packed
1 egg
1 cup molasses
½ cup cream
grated rind of 1 orange

Sift together and stir in:

5 cups sifted Gold Medal flour
1 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
½ tsp. ground cloves
½ tsp. ground allspice
½ tsp. salt
¼ tsp. white pepper

Mix thoroughly. Roll out (⅛ in. to ¼ in. thick) on lightly floured cloth covered board. Cut into desired shapes. Place 1 in. apart on lightly greased cookie sheet.

Bake 8 to 10 min., until when touched with finger no imprint remains, in quick moderate oven 375°F. If desired, ice with confectioners sugar icing. Makes about 8 dozen medium-sized cookies.

Sally Nordstrom

NUT BALLS

½ cup shortening or oleo
¼ cup sugar
1 tsp. vanilla
1¼ cups flour
½ tsp. salt
¾ cup nuts—chopped

Form into balls and bake at 350°F. for 15 to 18 min. Roll in powdered sugar while still warm.

Nancy Deem

KRINGLES

1 cup sour cream
1 cup sour milk or buttermilk
1 heaping cup white sugar
2 to 3 tbs. butter or margarine, melted (can make without too)
salt
2 cups all-purpose flour
2 level tsp. baking powder
1 good measure tsp. soda (in flour)

Mix well. Take a teaspoonful, roll 2 in. to 3 in. long, make ring or the figure 2, rolled out on a floured board. You may need to add more flour but use as little as possible. This is best served with butter.

Ruth Pearson

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MOLASSES BARS

Cream together in order given: 1 cup white sugar, 1 cup shortening and 2 eggs.

Add: 1 cup molasses and 1 cup sour milk, alternately with dry ingredients: 1 tsp. soda, 1 tsp. cinnamon, 1 tsp. ginger, pinch salt and 4 cups sifted flour.

Mix thoroughly and spread thinly on two cookie sheets. Bake at 350°F. about 25 min. Frost with thin powdered sugar icing, flavored with vanilla while still warm. Nuts may be added to icing if desired. When cool, cut into blocks, and serve.

Martha Plagens

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SOUTHERN CHESS TARTS

Make a pastry for 8 in. two-crust pie. Divide pastry into 24 equal parts and roll each into circle 3½ in. to 4 in. in diameter. Line 24 tiny tart pans with pastry.

Mix ½ cup brown sugar (packed) ¼ cup granulated sugar and ½ tbs. flour. Beat in thoroughly 1 egg, 1 tbs. milk, ½ tsp. vanilla, ¼ cup melted butter.

Then fold in ½ cup pecans or walnuts. Put a scant tbs. of mixture in each tart. Bake until set at 425°F. for 15-20 min.

Ruth Pearson

CARAMEL CHEWS

Part 1

½ cup margarine
1 cup white sugar
1 whole egg & 1 egg yolk
1 tsp. vanilla
½ cups flour
1½ tsp. baking powder
1 A pinch of salt

Part 2

1 egg white, beaten
1 cup brown sugar
½ tsp. almond extract
1 cup chopped nuts

Cream margarine, gradually adding sugar, eggs, and vanilla. Stir in baking powder, flour and salt. Place this mixture in two well-greased shallow pans (8 in. x 8 in. x 2 in.).

With second mixture, beat egg white until stiff. Fold in brown sugar, almond extract, and chopped nuts. Spread this on top mixture No. 1.

Bake 20 min. at 325°F. Cut into squares.

Mamie Lou E. Posey

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JUMBO RAISIN COOKIES

Add 1 cup water to 2 cups Sunmaid raisins (seedless nectar or seedless) and boil for 5 min. Cool. Cream 1 cup shortening and add 2 cups sugar. Add 3 eggs and beat well. Add 1 tsp. vanilla and cooled raisin mixture. Add 1 cup chopped nuts.

Sift together 4 cups sifted all purpose flour, 1 tsp. baking powder, 1 tsp. soda, 2 tsp. salt, 1½ tsp. cinnamon, ¼ tsp. nutmeg and ¼ tsp. allspice. Add to raisin mixture and blend.

Drop by tsp. on greased cookie sheet. Bake in hot oven — 400°F., 12 to 15 min. Makes 60.

Lourdes Gesner

ALMOND TARTS

1 cup flour
3 tbs. sugar
1 egg
4 tbs. butter
4 tbs. water
salt

Make a flour fountain. Add sugar, butter, 1 egg, salt and water. Make a smooth paste. Work it with the palm of the hand quickly. Put in the refrigerator for a few min. Roll it thin and cut it with a cookie cutter. Line tart molds. Fill them half full with almond cream. Bake in moderate oven. When baked brush them with apricot jam or sprinkle with powdered sugar.

Almond Cream:

½ cup almonds
2/3 cup sugar
3 tbs. flour
3 tbs. butter
1 egg and 1 yolk
1 tbs. rum (if desired)
1 tbs. cream

Mix almonds, sugar and yolk together. Beat well and add the cream and flour. Mix in the melted butter and the rum. Mix well. Fold in the well beaten egg white. Fill the tarts and bake until golden brown.

Violeta H. Adorable

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COCONUT PYRAMIDS

½ cup condensed milk (sweet)
1 cup coconut (fresh-shredded or dessicated)
1 tsp. vanilla
Food coloring (optional)

Mix all ingredients together. Shape into pyramids or drop by tsp. into greased baking tins 1 in. apart. Bake in slow, moderate oven at 325°F. until light golden brown.

Annie Mendoza

DOUBLE CRUNCHERS

Preheat oven to 350°F. Sift together 1 cup flour, ½ tsp. baking soda and ¼ tsp. salt. Set aside.

Combine ½ cup shortening, ½ cup sugar and ½ cup packed brown sugar. Beat until light and creamy.

Blend in 1 egg and 1 tsp. vanilla. Stir in flour mixture.
Add 1 cup cornflakes (crushed) and 1 cup quick oats and ½ cup coconut. Remove one third of dough for reserve. Shape remaining two-thirds of dough into balls using level tsp. Place on greased cookie sheet. Flatten with bottom of glass dipped in flour.
Bake at 350°F. for 8-10 min.

Shape remaining reserved one-third of dough into balls using ½ tsp. each. Bake on greased cookie sheets at 350°F. for 8 min.

Chocolate Filling:

Melt over hot water: One-6 oz. package Nestle semisweet chocolate morsels with ½ cup confectioners sugar and 1 tsp. water. Blend in one 3 oz. package (1/3 cup) soft cream cheese. Beat until smooth. Spread filling over larger cookies and top with small ones. Yield 3½ dozen.

Marie M. Willimont

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ORANGE OR LEMON SLICES

Pastry:
- 1¼ c. flour
- 1 tsp. baking powder
- ¼ c. and 1 tblsp. sugar
- ½ c. margarine
- 1 egg

Mix baking powder with flour in bowl, add egg and sugar and mix with part of the flour in center of bowl. Cut in margarine and proceed as for pastry. (Should dough be sticky, chill it a while.)
Roll dough out into 2 rectangular pieces to fit on cookie sheet. Spread filling between layers and pinch edges. Bake at 350° for about 25 minutes.

Filling:
- 1½ c. grated nuts, almonds or cashew nuts
- 2 tsp. almond flavoring
- ¾ c. white sugar
- enough lemon or orange juice to mix into a paste

Icing:
- 1 c. confectioner's sugar with
- 1-2 tblsp. lemon juice
- spread over pastry while still warm

Elisabeth Michell

PEACH CAKE

Sift together:

1 c. sugar
1¼ c. flour
1 tsp. soda
¼ tsp. salt
2 c. diced peaches, including juice
1 egg, well beaten
½ c. brown sugar
½ c. chopped nuts

Add peaches to egg and combine with the flour mixture. Place in greased pan (7 x 11 x 2) and cover top with brown sugar and sprinkle with nuts. Bake at 350°, 40 minutes, or less. Serve with ice cream.

Norma Yabut

VANILLA — HORNCHEN
(Cookie Cresents)

(See equivalent page for equivalents)
270 grams flour
210 g. butter
110 g. ground almonds
110 g. sugar

Combine all ingredients, knead and form small cresents. Brush with vanilla slightly diluted with water. Bake at 350 degrees for about 10 minutes. Immediately after taking cookies from oven, roll in fine granulated sugar that has been mixed with a small amount of vanilla.

Martha Seeber

MARZIPAN

1 pound shelled almonds
¼ pound bitter almonds
3¾ cup powdered sugar
2 tblsp. rum

Scald and peel the almonds. Let them dry; then put twice through the grinder, using the finest knife. Add half of the sugar and grind twice again. Then knead in the rest of the sugar and the rum. Roll the mixture in waxed paper and put it in the refrigerator. Let stand 24 hours.

Make into small balls or any small figures, roll in powdered chocolate or cocoa, or decorate with colored icing. Let stand in a cool place about 2 days before serving. This makes about 2¾ pounds of marzipan.

Natia Ellington

MERINGUE JEWELS

Beat 3 egg whites, ⅛ tsp. salt, ⅛ tsp. cream of tartar in medium sized bowl until egg whites start to stand in peaks. Beat in 1 c. granulated sugar, 1 tblsp. at a time, beating well after each addition. Continue beating until meringue stands in stiff peaks. Fold in ½ tsp. vanilla or ¾ c. diced candied fruit or coconut.

Drop by teaspoonful on greased sheets. Make 2½ doz. jewels. Bake at 250° about 40 minutes.

Esther Faerber

ORANGE KISS-ME CAKE

Grind together in meat grinder: 1 large orange, pulp and rind (reserve juice for topping), 1 c. raisins, 1/3 c. walnuts. Then sift together: 2 c. flour, 1 tsp. soda, 1 tsp. salt, 1 c. sugar. ADD: ½ c. shortening, ¾ c. milk. Beat for 2 minutes. (Blend at low speed and then beat at medium speed for 2 minutes.) Now add: 2 eggs, unbeaten, and ¼ c. milk. Beat for 2 more minutes. FOLD the orange mixture into the batter and pour into well-greased and lightly floured pan (12 x 8 x2 or 13 x 9 x 2). Bake in moderate oven, 350°, 40 — 50 minutes.

Drip 1/3 c. (or more) orange juice over warm cake. Combine 1/3 c. sugar, 1 tsp. cinnamon and ¼ c. chopped nuts and sprinkle this over cake.

Sarah Palmer

FRUIT COCKTAIL CAKE

1 lb. can fruit cocktail, with juice
2 eggs well beaten — add to fruit cocktail
2 cups sifted flour
1½ cups sugar
2 tsp. soda
½ tsp. salt
½ cup brown sugar
½ cup chopped nuts

Sift and add the dry ingredients to fruit cocktail mixture. Pour into a 13½ x 8½ greased pan and sprinkle over dough the brown sugar and nuts. Bake at 350 degrees for 35 to 40 minutes. Remove from oven and pour topping over the cake. Then return to broiler and brown the topping.

Topping:

½ cup canned cream or evaporated milk, pure
½ cup margarine
1 cup sugar
1 cup grated coconut
1 tsp. vanilla

Boil together first three ingredients for 2 minutes. Add coconut and vanila.

Libby Tyner

LEMON POUND CAKE

3 cups sugar
1 cup Crisco
6 egg yolks
Cream the above ingredients.

Sift together:
3 cups flour
¼ tsp. soda
½ tsp. salt

1 cup buttermilk
2 tsp. lemon extract
juice from 1 lemon (or 3 calamansi)
6 egg whites, stiff-beaten

Add flour mixture alternately with 1 cup buttermilk into creamed mixture. Beat well. Add 2 tsp. lemon extract and juice from 1 lemon (or 3 calamansi). Fold in 6 stiff-beaten egg whites. Bake in greased tube pan 1 hour and 10 minutes, at 350 degrees.

Lemon Frosting (Optional):

½ cup sugar
2 tblsp. cornstarch
½ cup cold water
2 egg yolks, beaten
juice from 1 lemon, or 3 calamansi

Mix the sugar, cornstarch; blend in the cold water. Cook and stir over low heat until thick and clear. Combine 2 beaten egg yolks and juice. Cook and stir 2 minutes. Let frosting cool before icing cake. You may add a few drops of yellow food coloring if egg yolks are pale.

Note: If you let the cake set for a day before serving, the lemon flavoring is more pronounced.

Ernestine Londenberg

CRISPY CHOCOLATE STICKS

Oven — 350 degrees; pan, 8 x 8 x 2 inch

Cookie layer:

1 sq. unsweetened chocolate
1 egg
¼ cup butter or margarine
½ cup sugar
¼ cup flour
¼ cup nuts

Filling:

2 tblsp. soft butter
1 cup confectioner's sugar
1 tblsp. cream
¼ tsp. vanilla

Glaze: 1 square unsweetened chocolate
1 tblsp. butter

Cookie Layer....Melt chocolate and butter over hot water, cool slightly. Beat egg until frothy. Stir in chocolate mixture and sugar. Add flour and nuts, stirring until blended. Turn into pan. Bake 20 minutes. Cool thoroughly.

Filling....In small bowl blend all ingredients; spread over cookie layer. Chill at least 10 minutes.

Glaze....Melt chocolate and butter together over hot water. Pour over filling, tilting pan so glaze will flow evenly. Refrigerate 15 minutes to harden glaze. Cut into 18 sticks with sharp knife.

Emily Kast

DELUXE POUND CAKE

2 sticks butter (1 cup)
½ cup shortening
2 cups sugar
5 eggs
1 tsp. vanilla
½ tsp. butter extract
½ tsp. rum extract
½ tsp. almond extract
3 cups flour
1 tsp. salt
½ tsp. baking powder
1 cup sweet milk

Cream together butter and shortening. Add sugar and beat well. Add eggs, one at a time, beating 1 minute after each. Add extracts. Sift together flour, salt, baking powder. Add alternately with 1 cup milk. Pour into tube pan and bake at 325 degrees for about 45 minutes, or 300 degrees for about 1 hour.

Mamie Lou E. Posey

CHEESELESS CHEESE CAKE

4 eggs, separated
1 can sweetened condensed milk
1 tsp. grated lemon rind
1/3 cup lemon juice
1 tsp. vanilla
½ tsp. nutmeg
2 tblsp. melted butter
1 cup graham cracker crumbs

Beat egg yolks and combine with sweetened condensed milk. Add lemon rind, juice, vanilla and nutmeg. Blend well. Fold in stiffly beaten egg whites. Combine melted butter and graham cracker crumbs. Sprinkle buttered 8 inch x 8 inch x 2 inch layer cake pan with half of crumbs. Pour in mixture and sprinkle remaining crumbs. Bake in a slow oven (325 degrees) thirty minutes. Turn off heat, cool for one hour in oven with door closed.

Ruth Pessin

CONGO SQUARES

Cream: 1 1/3 sticks of oleomargarine (½ cup + 2 2/3 tblsp.)
1 pound light brown sugar
3 eggs

Sift together and add:
2¾ cups flour
2½ tsp. baking powder
½ tsp. salt

Add: 1 - 6 oz. pkg. semi-sweet chocolate chips
½ tsp. vanilla
1 cup nuts

Bake in a 350 degree oven for 15 minutes. Cut in squares and remove from pan while still warm.

Mamie Lou E. Posey

BITS & CARROT SHAGGIES (COOKIES)

c. finaly grated carrots
1 c. rolled oats (quick cooking variety)
1 c. seedless raisins
1 c. chocolate chips
1 c. brown sugar (firmly packed)
1 c. sifted flour
2 tsp. baking powder
1 tsp. salt
½ tsp. soda
¼ tsp. cinamon
1 tsp. nutmeg
½ eggs
2 1/3 c. milk
½ c. melted shortening or cooking oil

Place first 5 ingredients in a mixing bowl and mix well.

Sift over all dry ingredients. Mix well. Combine eggs, milk and shortening. Add to above mixture and blend to make drop dough. Drop from damp spoon to greased cookie sheet. Flatten slightly. Bake at 350° approximately 15 minutes.

Jo Willis

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CAKE AND CUSTARD

4 c. sugar
½ tsp. salt
12 beaten egg yolks
3 c. evaporated milk and 3 c. water, mixed together and scalded
1¼ c. lemon juice — little grated lemon rind
1 c. flour
½ c. melted butter
12 stiff beaten egg whites

Combine sugar, salt, flour, lemon juice. Add combined egg yolks, milk, and butter. Fold in egg whites and pour in a 9 inch greased baking dish. Bake in pan of hot water in oven at 325 degrees for 45 minutes. When baked, dessert will have custard in bottom and sponge cake on top.

Zelma Foster

BAGUIO BROWNIES (chewy fudge)

9 tblsp. cocoa, Ricoa Cocoa
2/3 cup plus 3 tblsp. shortening, White Band
2 cups sugar
4 eggs
1½ cup flour
1 tsp. baking powder
1 tsp. salt
½ cup chopped nuts

Heat oven to 350 degrees. Mix shortening and cocoa. Melt slightly in oven. Beat in sugar and eggs. Measure flour; then blend flour, baking powder and salt; and stir into shortening and cocoa. Mix in nuts. Spread in pan. Bake 30 minutes. Cool slightly before cutting. This is a large recipe — use a 9 x 13 inch pan.

Helen Irvine

BEST-EVER CHEESE CAKE

1. Graham Cracker Pie Crust

2. Filling: 4 — oz. cream cheese squares (12 oz.)
2 eggs well-beaten
¾ c. sugar
2 tsp. vanilla
2 tsp. lemon juice

Soften cheese. Thoroughly blend in eggs. Add sugar, vanilla, lemon. Pour into cooled graham cracker crust. Bake 15-20 minutes at 350° until set. Cool for 10 minutes.

3. Topping: ½ pt. sour cream (1 c.)
3½ tsp. sugar
1 tsp. vanilla

Beat thoroughly. Pour on cooled filling. Bake 10 minutes, 350°

4. Cool cheese cake in refrigerator before eating at least 2 hours. Serves 6.

Linda Schneidler

APPLE CAKE

1¼ c. sifted flour
1 tsp. baking powder
½ tsp. salt
1 tblsp. sugar
½ c. butter or other shortening
1 egg beaten with
2 tblsp. milk

Sift dry ingredients, add shortening and mix as for pastry. Add egg and milk. Press into greased tin, 9 x 12 inch pan. Overlap apples or other fruit on dough. (Cherries, rhubarb or peaches are also good.) Cover with streusel topping.

STREUSEL TOPPING

¾ c. granulated sugar
1 tblsp. flour
¼ tsp. cinnamon
1 tblsp. butter

Mix dry ingredients and cut in butter. Spread over fruit. Bake at 375 degrees 35-40 minutes.

Gloria Becker

APRICOT DREAM SQUARES

1 c. crushed graham crackers
1 c. sifted flour
1 c. shredded coconut
1 c. brown sugar
½ tsp. salt
½ c. melted butter
1 c. dried apricots
2 eggs
1 c. brown sugar
1 tblsp. lemon juice
1/3 c. sifted flour
½ tsp. baking powder
¼ tsp. salt

Combine first five ingredients. Add melted butter and mix well. Reserve one cup for topping. Pack remainder in bottom of a 9 x 9 inch cake pan. Bake 10 minutes at 350°.

Cover apricots with water. Simmer until tender, approximately 15 minutes. Drain. Chop. Beat eggs until light and add brown sugar and lemon juice. Stir in sifted dry ingredients, and apricots. Spread over bottom layer. Sprinkle with topping. Bake 30-35 minutes at 350°. Cool. Cut in squares. Makes 20 squares.

Mary Martin

GRANDMA ROSE'S CARROT CAKE

1 cup finelly grated carrot
1 2/3 cups white sugar
1 1/3 cups cold water
1 cup seedless raisins
2 tablespoons butter
1 teaspoon cinnamon
1 scant teaspoon cloves
1 teaspoon nutmeg
½ teaspoon salt

Put all of the above into a saucepan and boil gently for a few minutes (5 to 7) — let cool. Do not use while still warm. Then add:

1 cup chopped walnuts (the cake is good even without)
2 cups sifted flour
2 teaspoons baking soda
Pinch of salt

Mix and bake about 1 hour in a slow oven (between 325° and 350°) in a greased and floured loaf pan. Let cool awhile before removing from pan.

Mary Kneebone

CAROLINA'S FAVORITE DESSERT
(Lemon Cake)

¾ cup sugar plus two tablespoons
¼ cup flour
⅛ teaspoon salt
2 tablespoons of melted butter
5 tablespoons lemon juice
grated peel of 1 lemon
3 well beaten eggs yolks
1½ cup of milk, scalded
3 stiff beaten egg whites

Combine sugar, flour, salt and butter; add lemon juice and peel. Add to combined egg yolks and milk; mix well. Fold in egg whites and pour into greased 8 x 8 shallow baking dish. Bake in pan of hot water in moderate oven 325 degrees for 45 minutes. When baked custard will be on the bottom and sponge cake on top. Can be served plain or with whipped cream or dream whip. Serves 8.

Ruth Pessin

BLUEBERRY COFFEE CAKE

¼ cup butter or margarine
¾ cup sugar
1 egg
½ cup milk
2 cups unsifted gold medal flour
2 teaspoon baking powder
½ teaspoon salt
2 cups fresh blueberries or 1 can drained blueberries
½ cup sugar
½ teaspoon cinnamon
¼ cup flour
¼ cup butter

Using electric mixer beat the ¼ cup butter and ¾ cup sugar together until fluffy. Beat in egg and blend in the milk. Mix together the 2 cups flour, baking powder, salt and stir until well blended. Mix in berries until well distributed. Turn into greased 9" square pan. In a small bowl combine the ½ cup sugar, cinnamon and ¼ cup flour. Cut in the ¼ cup butter until crumbly. Sprinkle over top of cake. Bake in 375° oven about 45 minutes. Makes about 9 squares.Cool this to cut and serve for coffee cake or serve warm with whipped cream for a dessert.

Note: You can substitute 1 package unsweetened blueberries thawed. Increase baking time about 5 minutes.

Barbara Farretto

CANDY, ICING AND FILLING

"Let appetite yield to reason."

RUSSIAN CARAMELS

1 tsp. gelatin
¼ lb. butter
2 cups brown sugar
1 tsp. vanilla
1 can condensed milk

Put butter into saucepan and melt. Add sugar, milk and gelatin, simmer 20 min. or until mixture leaves sides of saucepan — stir occasionally to prevent burning. Add vanilla, pour into greased dish when firm.

Nola Daws

DATE AND NUT ROLL

1 cup dates
1 cup nuts
½ cup cream, or Carnation milk
2 cups sugar
2 tbs. Karo syrup
1 tsp. vanilla

Cook cream, sugar dates and syrup together until the mixture makes a ball that you can hold in hand. Remove from fire and add nuts and vanilla. Beat until thick. Pour on waxed paper in long string roll. Let it harden, then slice.

Martha West

FABULOUS FUDGE
(Pet Milk)

Mix in heavy 3 qt. saucepan, 2¼ cups sugar, ¼ cup butter or margarine, 16 marshmallows, or 1 cup marshmallow creme, ¼ tsp. salt, and 1 cup Pet milk.

Stir over medium heat until mixture boils and is bubbly all over top. Boil and stir over medium heat 5 min. more. Remove from heat.

Stir in 1 tsp. vanilla and 1-6 oz. (1 cup) semi-sweet chocolate pieces until melted. Stir in 1 cup cut-up nuts. Spread in buttered 8 in. to 9 in. square pan. Press nut halves on top. Cool. Cut into 30 squares.

Martha West

BUTTERMILK CANDY

Put in a large vessel, as it will boil over.
2 cups sugar, 1 cup buttermilk. Cook until medium ball. Then add 1 cup nuts, 1 tsp. vanilla, 1 cup coconut, 1 tbs. butter. Beat well, and before hard, pour into greased pan. When hard, cut in squares.

Martha West

PEANUT BRITTLE

1 pt. raw peanuts, leave on skins
1½ cups sugar
½ cup Karo syrup
1 tsp. shredded paraffin
Pinch of soda
1 cup water

Cook until peanuts pop, beat in soda and pour on greased cookie sheet. Cool and break.

Martha West

CHOCOLATE FUDGE

Mix:

1-2/3 cups sugar
2/3 cup evaporated milk
½ tsp. salt

in a saucepan over low heat. Boil 5 min., stirring constantly. Remove from heat. Add:

1½ cups (16) marshmallows, diced
1½ cups semi-sweet chocolate pieces
1 tsp. vanilla
½ cup chopped nuts

Stir until marshmallows are melted. Pour into buttered 9-in. pan.

Ethel Herold

PEANUT BUTTER ICING

¾ cup sifted powdered sugar
¼ cup cream
3 tbs. peanut butter
1 tsp. vanilla
¼ tsp. salt

Martha West

EASY BOILED FROSTING

1/3 cup hot water
1 cup granulated sugar
1 egg white, beaten stiff
½ tsp. baking powder
1 tsp. vanilla
1 tsp. lemon juice

Boil sugar and water about 8 to 9 min. until it drops from a spoon in a thin thread. Beat egg white with rotary beater until stiff, then add the half tsp. baking powder and beat a moment longer. Pour sugar in a thin, slow stream over the beaten egg white, beating constantly while adding. Then add slowly the lemon juice and vanilla and beat constantly with tbs. until thick Spread on cold cake. This will stay soft for a long time. Use electric mixer for best results.

Cecilia Jenson

LEMON BUTTER FILLING

Beat 3 eggs until light, add 1 cup sugar, grated rind and juice of 2 lemons. Mix well. Cook in double boiler, stirring constantly, until mixture is consistency of mayonnaise, about 10 min. Cool slightly and add ½ cup butter. Excellent as filling for angel or sponge ca ke.

Ann Westerfeld

CHOCOLATE FILLING

Melt 3 squares baking chocolate in top of double boiler. Stir in ¾ cup boiling water and ¾ cup sugar. Combine 3 tbs. corn starch, ⅛ tsp. salt with ¼ cup cold water.

Add to chocolate mixture, stirring until thick. Cook over hot water, covered, for 15 min. Add 4 tbs. butter. When cool add 1 tsp. vanilla.

Ann Westerfeld

BOSTON CREAMS (CANDY)

3 c. sugar granulated
2 c. canned (condensed) milk — not the sweetened condensed

Brown 1 cup sugar in frying pan. Completely dissolve it over very low heat—it is very easily burned. Pour over 1 cup heated canned milk and stir till thoroughly dissolved. Pour in one cup sugar and stir till dissolved.

Pour in last cup of warm milk and stir till thoroughly mixed. Pour in last cup sugar and cook till you can draw the spoon through the mixture and it leaves an open space in the mixture behind the spoon.

Remove from heat and beat till thick enough to drop by teaspoonsfuls on waxed paper.

Jo Willis

COCONUT PECAN FROSTING

Combine in a sauce pan 1 c. evaporated milk, 1 c. sugar, 3 egg yolks, ¼ lb. margarine or butter, and 1 tsp. vanilla. Cook over medium heat, stirring constantly until thick, about 12 minutes. Remove from heat. ADD 1-1/3 c. coconut and 1 c. chopped nuts. Beat until cool and of spreading consistency. Makes about 2-2/3 c. frosting.

This is especially for German chocolate cake. When pecans are not available, walnuts are very good.

Sue Sorenson, Oil Research

NORTH POLE FROSTING

1 c. jellied cranberry sauce
2 egg whites, beaten stiff
2 tsp. lemon juice

Slowly add the cranberry sauce to the beaten egg whites. Add the lemon juice and stir until of frosting consistency. Frosts an angel food cake.

Jo Willis

HOMEMADE CANDY EASTER EGGS

2 c. fine grated coconut (Baker's Commercial)
1 pkg. any color or flavor Jell-O
1 c. grated blanched almonds (walnuts)
2/3 c. sweetened condensed milk
1½ tsp. sugar
1 tsp. almond extract

Thoroughly mix these ingredients together. Shape by hand into 1 large egg, 2 smaller eggs or 12 medium ones. Chill until firm and dried on the outside. Make chocolate glaze by melting 1 cup (6 oz. pkg.) semi-sweet chocolate chips with 3 tblsp. water over hot water stirring until smooth and glossy. Leave over hot water, adding more water to glaze if necessary. Spread over large sized eggs and dip medium sized eggs in one at a time, holding with 2 forks. Decorate with tinted coconut or colored sugar sprinkles. Let stand until chocolate is firm—4 to 5 hours.

Ivie Miley

POPCORN BALLS

5 qts. popped corn
2 c. sugar
2/3 c. white corn syrup
2/3 c. water
½ c. butter
1½ tsp. salt
1½ tsp. vanilla (or lemon flavoring)
coloring (optional)

Take the 5 qts. of popped corn, salt it lightly and place in a warm oven as it should be fairly warm when syrup is poured over it.

Combine the sugar, corn syrup, water, butter and salt in a saucepan. Bring to a boil and boil slowly (without stirring) until syrup will crack and sound brittle on the edge of cup when dropped into cold water. (Pour a few drops into a cup of cold water and let set a few second and pick up lump of syrup and slap against side of cup. It is sufficiently cooked when the lump sounds brittle against the cup.) Remove syrup from heat, add flavoring and coloring and mix well. Pour syrup in a small steady stream over warm popcorn. Stir popcorn well with a long, wooden spoon until all syrup is coated on popcorn. Rub palms well with melted butter and pick up small amounts of mixture and press together into balls. (Do this lightly and try not to compress the balls too tightly.) This can also be pressed into molds, or cone-shaped paper cups or other shapes desired. Dry on waxed paper. These store well in a dry place but will get stickly and fall apart in too much dampness. Yields about 3 doz.

Jo Willis

DESSERTS, PUDDINGS AND PIES

"Whilst travelling reckon the distance,
Whilst eating don't reckon the quantity."

APPLE CRISP

Peel, core and slice into small baking dish 3 large or 5 small apples. Sprinkle them with lemon juice or calamansi juice. Combine ½ cup bread flour, ½ cup brown sugar, 4 tbs. butter and ¼ tsp. cinnamon. Work these ingredients together with a pastry blender as for pie crust. Spread over apples. Bake at 375°F. for about 30 min. or until the apples are done. Serve hot or cold with cream.

Flora Crosby

APPLE DUFF

1 cup sugar
1 tbs. cornstarch
1 No. 2 can apple slices
2 egg whites
dash of salt
2 egg yolks
6 tbs. sugar
6 tbs. sifted flour
¼ tsp. vanilla
¼ tsp. almond extract
¼ tsp. cream of tartar

Mix together sugar and cornstarch in a saucepan and add apples. Cook over medium heat, stirring constantly until mixture comes to a boil; boil 1 min. Pour into a 9 in. x 9 in. x 2 in. pan. Beat egg whites, salt and cream of tartar together until stiff. Beat egg yolks until thick and light colored, beat in sugar. Fold into egg white mixture. Fold in flavorings and then flour. Carefully pour over apple mixture.

Bake in a 350°F. oven 40 to 45 min. or until cake topping is done. Serve warm or old with Avoset or ice cream.

Darline Green

RALPH'S DELIGHT
It's A Rich But Refreshing Dessert

Cream: 1 cup white sugar and 2/3 cup butter

Add: 1 beaten egg yolk
1 cup chopped nuts
1 medium sized can crushed pineapple, drained
1 stiffly beaten egg white

Prepare 1 pkge. raspberry jello as directed, using the pineapple juice.

Grind 1 pkge. wafers and line 10 x 10 x 2 in. dish. Put in above mixture, adding jello as soon as it begins to set. This keeps it on top of mixture. Refrigerate for 24 to 48 hours. Serve with whipped cream. Serves 8 to 10.

Helen Dunkle

CHOCOLATE SOUFFLE

Heat but do not boil 1 cup milk and 1 oz. chocolate, cut in pieces. Stir these ingredients over a low flame until the chocolate is melted. In a separate saucepan melt 2 tbs. butter. Stir in until blended 1 tbs. ordinary flour. Stir into the hot milk mixture. When the sauce is smooth, add 1/3 cup sugar and stir until dissolved.

Beat 3 egg yolks until light. Beat part of the sauce into them, then add them to the liquid in the pot and stir the custard over the low flame to permit the yolks to thicken slightly. Cool the custard well. Add 1 tsp. vanilla.

Whip 3 egg whites and 1/8 tsp. salt until stiff, fold into the chocolate mixture. Place the souffle in a 7 in. baking dish. Set in in a pan of hot water. Bake at 325°F. for about 30 min., or until it is firm. Serve at once with cream, vanilla sauce, or foamy sauce.

Flora Crosby

ORANGE MARMALADE SOUFFLE

Beat 4 egg whites and pinch of salt. Add 4 tbs. sugar and 4 tbs. orange marmalade. Butter the top of a small double boiler, sprinkle with chopped roasted almonds. Pour in egg white mixture — sprinkle with more chopped almonds. Cover and steam from 1 to 1½ hours.

Sauce: Beat 2 egg yolks with ½ cup sugar. Beat 1 cup whipping cream until stiff. Flavor with 2 tbs. brandy or cointreau. Turn pudding out on serving dish and surround with sauce. Serves 4.

Flora Crosby

BAKED RICE PUDDING

1 qt. milk
½ cup granulated sugar
5 tbs. uncooked rice
⅛ tsp. salt
½ tsp. nutmeg
1 tbs. butter
vanilla to flavor

Pre-cook the rice with a small amount of water for 3 min. or until water is gone. Add to other ingredients and mix all together. Bake in slow oven at 325°F. for 2½ hours.

Cecilia Jenson

CHERRY ROLL

Place 2 cups canned cherries into a saucepan (which can also be used for the baking). Add 1 rounded tbs. butter, 2½ cups water and sugar to suit taste. Let boil thoroughly, and while boiling, mix the following: 1 cup flour, ½ cup sugar, ⅛ tsp. salt and 2 tsp. baking powder sifted together. Add ½ cup sweet milk.

Mix thoroughly and pour over the boiling fruit. Place in moderate oven and bake 25 min. or until nice and brown.

Lourdes Gesner

ICE BOX DESSERT

Here's a simple, easy recipe for a tasty dessert:

1 can Eagle brand milk
½ lb. vanilla wafers
2 egg yolks
2 lemons
½ pt. whipping cream
Pinch of salt

Mix well milk and egg yolks. Add juice of 2 lemons and the grated rind of 1 lemon.

Crumble wafers and put half on bottom of pan. Cover with lemon mix then cream (which has been whipped). Top with remaining crumbs and refrigerate. For best results, this should be made the day before or very early the morning of the day you plan to use it.

Helen Cupps

ICE BOX CAKE

2 cans sliced peaches
1 bottle candied cherries
2 big cans Nestle's Cream
4 doz. ladyfingers or sweet cream crackers
3 bags marshmallows (big size)
4 eggs
Juice of 2 fresh lemons
1 pkge. dates
1 cup powdered sugar
1 tsp. vanilla or lemon extract

Drain peaches well and separate best pieces and set aside. Chop remaining pieces. Cut into halves 2½ bags marshmallows — set rest aside. Beat Nestle's Cream and lemon juice until thick, then mix chopped peaches, dates and marshmallows.

Separate ladyfingers and line all around bowl — left over lady fingers can be crushed and mixed into cake mixture. Pour cake mixture into bowl and cover with the whites of the eggs thickly beaten.

Decorate cake with peaches set aside and candied cherries and dates. Freeze.

Margarita Kolodzik

PINEAPPLE PUDDING

1 pineapple
2 eggs
2 tbs. butter
2 tbs. sugar
Pinch salt
2 tbs. flour
2 cups boiled milk

Cut pineapple in small pieces in pie dish and sprinkle with sugar. Melt butter — add sugar and boiled milk — let boil until thick. Separate egg yolks — add yolks to mixture. Stir. Pour over pineapple and bake 20 min. in a moderate oven.

Beat egg whites until stiff with little sugar, put on pudding — return to oven and brown.

Mary Martin

FROZEN MARSHMALLOW DESSERT

24 marshmallows, quartered
2 cups pineapple juice
1 can evaporated milk, chilled and whipped
vanilla wafers

Heat pineapple juice to boiling point. Add marshmallows and let them melt. Cool. Add the whipped milk. Arrange a layer of wafers in a freezing tray. Add a layer of the whipped mixture. Alternate layers until tray is full. (Makes 2 to 3 trays).

Frances Sullivan

FRUIT COCKTAIL TORTE

Drain well one No. 2½ size can of fruit cocktail. Beat 1 egg and add to the drained cocktail. Then add:

1 cup flour
1 cup sugar
1 tsp. soda
1 tsp. vanilla
A pinch of salt

and mix well. Pour into a greased cake pan. Mix up ½ cup brown sugar and ½ cup chopped nuts and sprinkle over the top. Bake in a 325°F. oven for 45 min. Serve with whipped cream or ice cream. Serves 6 to 8.

Ethel Herold

CHOCOLATE TORTE

Prepare three 9 in. round layer cake pans. Blanch and grate ½ lb. almonds (about 3¾ cups, grated). Sift together 1¼ cups cocoa and 1 tsp. cinnamon. Mix almonds and cocoa mixture together. Turn onto a piece of waxed paper. Using a spatula, mark into four portions and set aside.

Cream together until butter is soft and fluffy: 1 cup unsalted butter and 1½ tsp. vanilla extract. Add gradually, creaming until fluffy after each addition, 2/3 cup sugar. Add 8 unbeaten egg yolks, one at a time, beating until well blended and fluffy after each addition. Beat an additional 2 min. after addition of last yolk. Set mixture aside.

Using clean beater, beat 8 egg whites until frothy. Add 2/3 cup sugar gradually, beating well after each addition. Beat until rounded peaks are formed and egg whites do not slide when the bowl is partially inverted.

Gently spread beaten egg whites over egg yolk mixture. Sprinkle one portion of the cocoa mixture over egg whites, gently fold with a few strokes until batter is only partially blended. Repeat with second and then third portions. Spoon remaining mixture over batter and gently fold until just blended. Do not overmix. Gently turn batter into pans and spread to edges. Bake at 350°F. for 30 to 35 min. or until torte layers test done.

Cool. Remove from pans when completely cooled, fill and frost torte layers with chocolate-mocha butter cream frosting. Place in refrigerator until ready to serve. 12-16 servings. Butter cream frosting or any variation except the hazelnut may be used.

Nanette Smith

SPICE ROLL

4 eggs
2 dessertspoons* plain flour
1 tsp. ginger
2 tsp. cinnamon
1 tsp. cocoa
1 tsp. spice
1 tsp. cream of tartar
½ tsp. soda
¾ cup sugar
1 cup cornstarch or arrowroot
1 dessertspoon* golden syrup

Beat egg whites stiff with sugar, add yolks and beat. Sift all dry ingredients twice and add to mixture, then add syrup. Bake in large swiss roll tin 10-15 min. When cool, fill with fresh or mock cream flavored with rum.

* *See Table of Equivalents.*

Nola Daws

APPLE CRISP

4 cups sliced apples
¼ cup hot water
½ cup butter
½ cup flour
½ cup sugar
½ tsp. cinnamon

Slice apples in buttered baking dish. Pour water over apples. Cream the butter, add flour, sugar, cinnamon and blend to form crumbs. Sprinkle over apples. Bake in hot oven 400°F. 40 to 45 min. or until apples are tender and top is brown. Serves about 6. Good served with ice cream.

Note: Peaches or mango are good cooked this way. When using peaches substitute peach juice for water. Omit cinnamon with mango and peaches. If half peaches are used, place cut side up and put mixture in each peach half.

Dottie Walker

LEMON PIE

4 eggs
1 cup sugar
Grated rind and juice of one lemon
4 tbs. boiling water
Pinch of salt

Beat the yolks in the top of double boiler, add ½ cup sugar and beat. Add the lemon and boiling water and stir constantly until very thick Remove from fire. Beat two egg whites with ½ cup of sugar; then beat into the cooked yolks. Put into baked pie shell and cool.

To the other two whites add 4 tbs. of sugar and beat, adding a pinch of salt. Put meringue on pie and cook 15 min. in a slow oven.

Lil Hamby

FROZEN LIME PIE

2 eggs
½ cup sugar
½ cup light corn syrup
1 cup cream
1 cup milk
1/3 cup lime juice
1 tsp. grated lime rind
Green food coloring

Beat eggs until thick and lemon colored. Add sugar gradually, continuing to beat. Stir in remaining ingredients. Tint mixture a delicate green with food coloring. Pour into freezing tray and freeze until firm. Remove to a chilled bowl and beat until light and fluffy, but not melted. Pour into graham cracker crust.

Crust:

¼ cup confectioners sugar
¼ tsp. cinnamon
1½ cups graham cracker crumbs
¼ cup melted butter

Add sugar and cinnamon to graham cracker crumbs. Blend in melted butter. Cover bottom and sides of buttered pie plate with crumb mixture. Pack down firmly. Reserve small portion of crumb mixture to sprinkle over top of the pie. Return pie to freezing unit and freeze until firm.

Audrey Field

FROZEN LEMON PIE

3 egg yolks
¼ cup lemon juice
½ lemon rind, grated
⅛ tsp. salt
½ cup and 1 tbs. sugar

Combine the above ingredients and cook like a custard — cool.

3 egg whites stiffly beaten
1 cup heavy cream
¾ cup vanilla wafers

Fold in whipped cream and egg whites. Sprinkle vanilla wafer crumbs in tray — put in lemon mixture — cover with remainder of crumbs—freeze.

Lyn Worley

FROZEN CAFE PIE

Week ahead: Roll 18 round chocolate sandwich cookies fine; blend with ½ cup melted butter in 9 in. pie plate; press to bottom and up to rim of same pie plate. Refrigerate.

In double boiler, melt 2 squares unsweetened chocolate with ½ cup granulated sugar, 2/3 cup evaporated milk and 1 tbs. butter, stiring to smooth sauce. Cool.

Into crust spoon 1 quart coffee ice cream. Top with chocolate sauce. Freeze firm, freezer wrap, freeze.

Serve, topped with whipped cream, chopped nuts.

Fay Sawyer

LEMON MERINGUE PIE

Make and bake one 9-in. pie shell and allow to cool.

Filling:
1 lemon rind, finely grated
4 egg yolks
1 can condensed milk (14 oz.)
2/3 cup lemon juice

Mix all together and pour into pie shell. Top with meringue made from 4 egg whites and ½ cup sugar. Set in the oven at 300°F. for 30 min. or until the meringue is lightly browned.

Elizabeth Mackenzie

GRENADILLA REFRIGERATOR PIE

Crush up one package of Thin Arrowroot Cookies into fine crumbs. Mix with 4 oz. Dairy Creme or butter and press into a 9 in. pie plate.

Filling: 1 gelatin dessert, lemon flavored dissolved in ¾ cup boiling water. Add juice of ½ lemon, 1 can condensed milk (14 oz.) and pulp of 6 medium grenadillas (passion fruit.) Mix and pour into prepared shell. Set in refrigerator (not freezer).

Elizabeth Mackenzie

PASSION FRUIT JELLO CHIFFON PIE

Combine 3 slightly beaten egg yolks and 1/3 cup sugar. Mix well. Add 1 cup water and blend; cook until thick, stirring constantly. Remove from heat. Add 1 pkge. lemon jello and stir until dissolved. Cool. Add juice of 1 lime and ½ cup passion fruit juice. Chill until slightly thickened.

Beat 4 egg whites until foamy, add 1/3 cup sugar gradually and beat until stiff. Fold passion fruit mixture into beaten egg whites. Pour into cold baked shell. Chill. Garnish with whipped cream and toasted coconut.

Vernell Williams

COFFEE CHIFFON PIE

Mix together 2 cups crushed cornflakes, 2 oz. melted butter and 2 level tbs. brown sugar. Press into pyrex pie dish and Chill.

Filling:

1 level dessert spoon* gelatin
¼ cup cold water
2 tbs. coffee essence
¾ cup sugar
½ cup hot water
3 eggs

Put coffee essence and boiling water in saucepan and add half sugar. When sugar is dissolved, add to well beaten egg yolks — stirring all the time — cool and add dissolved gelatin.

Beat egg whites and add remaining sugar. When stiff, fold into cooled coffee essence mixture. Pour into cornflake case. Chill.

* *See Table of Equivalents.*

Nola Daws

BLACK BOTTOM PIE

1 tbs. unflavored gelatin
¾ cup sugar
⅛ tsp. salt
1 beaten egg yolk
Chocolate curls
¾ cup milk
3 squares unsweetened chocolate
2 cups heavy cream, whipped
1 baked 9 in. pie shell
Vanilla

Mix gelatin, sugar and salt in top of double boiler. Combine egg yolk and milk and add to gelatin mixture along with chocolate. Cook over boiling water until chocolate melts, stirring often. Remove from heat.

Beat with rotary beater until smooth. Chill until creamlike consistency.

Fold in half of whipped cream and vanilla. Turn into baked pie shell. Chill until firm. Spread remaining cream over top. Decorate with chocolate curls in lattice effect.

Marie M. Willimont

MINCEMEAT CHIFFON PIE

1 envelope Knox unflavored gelatin
½ cup water
¼ cup rum
1½ cups prepared mincemeat
3 egg whites
1/3 cup sugar
⅛ tsp. salt
1 cup heavy cream, whipped
1 9 in. baked pie shell
maraschino cherries

Sprinkle gelatin on water to soften. Place over low heat, stirring constantly until gelatin is dissolved. Remove from the heat and stir in rum and mincemeat. Chill in refrigerator or in bowl of ice and water, stirring occasionally, until the mixture mounds when dropped from spoon.

Beat egg whites until stiff. Beat in sugar and salt. Fold gelatin mixture into stiffy beaten egg whites. Fold in whipped cream. Turn into a baked pie shell. Garnish with marschino cherries, and chill until firm. Makes one 9 in. pie.

Alice Moody

CHOCOLATE CREAM PIE

Prepare pastry and make a baked 9 in. pastry shell.
Grate or cut up 3 squares unsweetened chocolate; add to sugar and milk mixture before cooking.

2/3	cup sugar	2½	cups milk
3½	tbs. cornstarch	3	slightly beaten egg yolks
½	tsp. salt	1	tsp. vanilla

Combine sugar, cornstarch and salt with grated chocolate. Put into double boiler; stir in cold milk. Cook over boiling water until thickened, stirring constantly. Cover and cook 15 min. longer. Stir a little of the hot mixture into slightly beaten egg yolks; add to remaining mixture in double boiler and cook 2 min. over hot, not boiling, water, stirring constantly. Cool and add vanilla. Pour into baked shell. If desired, cover with meringue and bake in a moderate oven about 15 min. or until lightly browned.

Eleanor Chambers

MOCHA VELVET PIE

1	envelope gelatin	2	egg yolks (unbeaten)
¼	cup cold water	1½	cups milk
4	tbs. instant coffee	1	tsp. vanilla
1/3	cup sugar	2	egg whites
½	cup whipped cream	¼	tsp. salt
1	baked 9 in. pie shell	¼	cup sugar

Combine gelatin and cold water in mixing bowl. Mix coffee, 1/3 cup sugar, and egg yolks in sauce pan. Add milk gradually, stirring constantly. Cook and stir over medium heat until mixture coats spoon. *Do not boil.* Add to gelatin, stir until gelatin is dissolved. Add vanilla. Chill until slightly thickened. Beat egg whites and salt until foamy. Add ¼ cup sugar gradually, beating until mixture will stand in peaks. Fold into gelatin mixture, then fold into whipped cream. Spoon into baked pie shell and chill.

Garnish with additional whipped cream and chopped maraschino cherries arranged in border around pie.

Jean M. Boitano

NEW APPLE PIE

1 cup brown sugar
¼ cup flour
⅛ tsp. salt
¾ cup warm water
4½ cups pared cored apples, sliced ¼ in. thick
1 tbs. vinegar
2 tbs. butter or margarine
1 tsp. vanilla

Line a 9 in. pie plate with pastry. Chill. Mix together thoroughly — brown sugar, flour and salt. Stir in water and vinegar, slowly, mixing thoroughly. Cook over low heat until thick, stirring constantly. Remove from heat, add butter and vanilla, cool. Arrange apples in pastry lined pie plate. Pour brown sugar sauce over apples. Cover with top crust as usual. Brush with milk.

Bake in moderately hot oven 400°F. for 50 min. or until apples are tender.

Ruth Pearson

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PUMPKIN CREAM PIE

Mix together:

¾ cup sugar
1 tsp. cinnamon
¼ tsp. cloves
2 tbs. cornstarch
½ tsp. nutmeg
½ tsp. salt

Stir in:

1 cup canned pumpkin (or 1 cup cooked, mashed, yellow squash)
2 cups evaporated milk

Cook above ingredients in double boiler for 20 minutes, stirring frequently. Add 2 beaten egg yolks. Cook 2 min. longer, stirring constantly. Cool. Pour into baked pie shell.

Beat 2 egg whites until stiff. (An extra egg white will make the meringue nicer and higher). Fold in ¼ cup sugar, and spread on top of pie. Bake in slow oven at 300°F. for 15 min. or until meringue is firm and brown.

Dorothy Kretzmann

MOTHER'S SOUTHERN CHESS PIE

2 cups sugar, about
2 tbs. cornmeal
1 tbs. flour
1 scant cup butter
yolks of 6 eggs
dash of salt
1 cup sweet milk
1 tsp. nutmeg

3 egg whites for meringue if desired. (This is usually made without meringue).

Mix ingredients and pour into unbaked pie shell. Bake in 350°F. oven, until knife inserted comes out clean.

Martha West

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EASY NUT PIE

1 cup chopped nuts (pecans or walnuts)
16 squares crushed graham crackers
1 cup sugar
1 tsp. baking powder
3 beaten eggs

Mix dry ingredients. Add eggs. Pour into buttered pie pan (8 in.). Bake 30 min. at 325°F. Serve with whipped cream or vanilla ice cream.

Susan Farmer

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NEW ORLEANS PECAN PIE

1½ cups white Karo
½ cup sugar
1 tbs. butter
4 eggs
Pinch salt
1 cup pecans, in pieces
1 tsp. vanilla

Beat eggs slightly. Beat in the sugar, then the syrup. Add salt, vanilla and pecans. Dot with bits of butter. Bake in an uncooked crust for 1 hour in a slow oven.

Lil Hamby

APPLE CRUMB PIE

6 tart apples, peeled and sliced (1 qt.)
2 tblsp. butter or margarine, melted
¾ c. sugar
⅛ tsp. salt
1 unbaked 9 inch pie shell
½ c. firmly packed brown sugar
¼ sifted flour
½ c. chopped nuts
½ tsp. nutmeg
1 tsp. cinnamon
¼ c. butter or margarine

Mix apples with 2 tblsp. melted butter and then with ¾ c. sugar mixed with nutmeg, cinnamon, and salt. (If apples are not tart, add 1 tblsp. lemon juice to this mixture.) Arrange evenly in pie shell. Combine brown sugar and flour; cut in ¼ c. butter and add nuts. Sprinkle evenly over apples. Bake in moderate oven, 375°, about 50 minutes or until apples are tender. Serve warm or cold with custard sauce—or plain.

Jo Willis

BANANA PUFFS

1. Into bowl, sift 2 cups sifted cake flour, 2 tsps. sugar, ⅛ tsp. salt; with pastry blender cut in ½ cup butter till like corn meal; then blend in ½ cup buttermilk; knead lightly.

2. Toss 1 large ripe banana, cut into ¼ inch cubes, with ¼ cup flaked coconut, 1 tsp. lime juice.

3. On lightly floured surface, roll out dough about ¼ inch thick; with 2¾ inch cookie cutter, cut dough into rounds. On each of the rounds, center one tblsp. banana mixture; brush edges with 1 egg white, slightly beaten; top each with second round; press edges together with fork.

4. In large skillet heat 1½ inches salad oil to 360 degrees F. on deep fat frying thermometer. Then fry 5 or 6 puffs at a time till golden, turning once; drain on paper towel; repeat. Serve warm or cold. Makes about 12.

Jo Willis

CHESS PIE

1 c. raisins
1 c. sugar
2 eggs
1 c. chopped walnuts
1/3 melted butter
1 tsp. vanilla

Beat eggs; add sugar, raisins, butter, nuts and vanilla. Pour into unbaked pastry. Bake at 350° until pastry and pie are brown—about 60 minutes.

Linda Schneidler

BLACK BOTTOM PIE

½ cup sugar
1 tbls. cornstarch
2 cups milk, scalded
4 beaten egg yolks
1 tsp. vanilla
1 pkge. chocolate chips (1 cup)
1 baked pastry shell
1 envelope gelatin
¼ cup water
4 egg whites
½ cup sugar

Combine ½ cup sugar and cornstarch. Slowly add milk to beaten egg yolks. Stir in sugar mixture. Cook and stir in top of double boiler, over hot water, until custard coats a spoon. Remove from heat; add vanilla. To 1 cup of the custard add the chocolate and stir until melted. Pour into bottom of cooled, baked, pastry shell. Chill.

Meanwhile, soften gelatin in water; add to remaining hot custard. Stir until dissolved. Chill until slightly thickened. Beat egg whites until soft peaks form. Gradually beat in ½ cup sugar and continue beating until stiff peaks form. Fold in custard-gelatin mixture. Pour over chocolate layer. Chill until set. Trim with shaved unsweetened chocolate curls.

Variation: Add a layer of whipped cream before trimming with shaved chocolate.

Pat Henderson

COCONUT PUFFS

1½ cups grated coconut
1 cup sugar
1½ tblsp. cornstarch
½ tsp. vanilla extract
whites of 3 eggs
Pinch of salt

Add salt to egg whites and beat them until very stiff. Gradually beat in the sugar and coconut, put thick mixture in double boiler and cook 20 minutes. Remove from fire and gradually beat in the cornstarch and extract. Drop by tablespoonfuls on a greased tin and bake in a moderate oven until they are crisp and of light brown color.

DATE AND NUT PUDDING

(Master recipe):
¾ c. sifted enriched flour
1½ tsp. baking powder
½ tsp. salt
1½ c. chopped, pitted dates
¾ c. chopped almonds, walnuts, or pecans
3 eggs
¾ c. sugar

Mix and sift flour, baking powder, and salt. Add dates and nuts. Beat eggs until light. Add sugar and mix well. Add to dry ingredients.

Turn into greased, deep 9 inch pie pan. Bake in slow oven, 325°, 35 to 40 minutes. Cut into wedges while warm. Tear into pieces and serve in dessert glasses topped with whipped cream or desired sauce. Serves 6.

Apricot and Nut Pudding: Substitute well-drained, soaked, dried apricots for the dates. Cut apricot in strips.

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FLAMING BANANAS

5 level tsp. sugar
8 small bananas
8 tsp. butter
juice of one orange
1 jigger Grand Marnier
1 jigger Cognac
4 scoops vanilla Ice Cream

Melt sugar in pan until it is light brown (carmelized). Then add butter, orange juice and Grand Marnier. Let simmer for 8 to 10 minutes. Add bananas and cook 2 minutes.

Pour flaming Cognac over and serve immediately on ice cream slices — pouring liquor sauce over bananas. Serves 4.

Kate Crosby

ICE CREAM

Mix together: ½ can sweetened, condensed milk
1 can evaporated milk
1 egg, beaten well

Put in ½ gallon sized or 3 lbs. sized can. Put in freezer. After about one hour when sides are frozen about 1½ inch, take out and pry sides loose. Mix with an electric beater on lowest point. After thoroughly mixed, turn to highest beating point and beat until doubled in size. Put back in freezer. Take out again and beat second time (after one hour). Put in or fold in any flavor you desire. Put back in freezer and serve when solid.

Flavors: 1 tsp. vanilla
1-2 tblsp. brandy
3 tblsp. cocoa
3 tblsp. coffe with ¼ c. chopped nuts
Any fruit

Lou Strasser

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MONGO COBBLER

3 c. mango, sliced
1 c. sugar
1 tsp. lemon peel, grated
1 tblsp. lemon or calamansi juice
¼ tsp. almond extract

Place mango in baking dish. Mix sugar, lemon peel, lemon juice and extract and sprinkle over fruit. Set in 400° oven while you prepare:

1½ c. flour
1 tblsp. sugar
3 tsp. baking powder
½ c. milk
½ tsp. salt
1/3 c. shortening
2 eggs

Cut shortening into flour, sugar, baking powder and salt. Add milk and egg. Stir until flour is just moistened. Spoon onto fruit and sprinkle with sugar. Bake at 400° for 30 minutes. Serve warm with whipped cream or ice cream. Six servings.

Leith Fonger

NEW NO-BAKE WHIPPED ANGEL FOOD PIE

Makes 9 inch single crust pie. No cooking. No hot oven. Lemony — Luscious!

2/3 cup hot water
1 tsp. grated lemon rind
1/3 cup hot lemon juice
1 cup undiluted Carnation evaporated milk
2 tblsp. lemon juice
9 inch crumb crust (see below)
½ cup sugar
1 — 3 oz. pkg. lemon gelatin

Dissolve gelatin and sugar in hot water and 1/3 cup hot lemon juice. Chill until consistency of unbeaten egg white. Add lemon rind. Chill Carnation in refrigerator tray until soft ice crystals form around edges of tray (15-20 min.). Whip until stiff (1 min.). Add 2 tblsp. lemon juice; whip very stiff (2 min. longer). Fold the whipped Carnation into chilled gelation mixture. Spoon into pie shell. Chill until firm (1 to 2 hours).

For 9-inch crumb crust: mix 1½ cups graham cracker crumbs, 2 tblsp. sugar and ¼ cup melted butter. Line sides and bottom of 9-inch pie plate with crumb mixture.

Lou Gesner

PRUNE WHIP

1 c. prune pulp (boiled, tender and free of stones)
1/3 c. sugar
Few grains salt
½ tsp. cinnamon
3 egg whites
1/3 c. coarsely ground walnuts
vanilla to taste

Add salt to whites of eggs and beat them stiff. Then add sugar slowly, beating all the time. Fold in remaining ingredients. Turn into a buttered baking dish and bake in slow oven 20-30 minutes. Serve cold with whipped cream or custard sauce.

Marie Willimont

RED CHERRY PIE

Crust:

½ lb. butter (soft)
¼ cup sugar, heaping
2 egg yolks
2 tblsp. lemon or calamansi juice
1 tblsp. vinegar
2 — 2½ cups flour
rind of lemon

Filling:

1 can cherries (for pie) No. 2
½ cup chopped raisins, soaked in rum
cinnamon, sugar if desired
cornstarch to thicken

First prepare the filling: Place cherries into saucepan and bring to boil over slow fire, add cornstarch (about 1 to 2 tsp.). Take from fire, stir in cinnamon (about 2 tsp.). Let cool. When cool, add raisins with rum.

Prepare the crust: Beat butter in large bowl till fluffy, mix in sugar, spoon by spoon, stirring constantly. Beat in egg yolks, one by one. Beat and mix in the lemon rind. Fold in the sifted flour, adding lemon juice and vinegar little by little, alternately with the flour. Add enough flour to form a soft dough. Grease 9 inch pie plate well and spread the dough with your floured knuckles to form the crust. Pour in the filling, and bake in preheated oven 350 degrees for 30 minutes or until done. Decorate with ground almonds.

Gisela Woelke

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PEACH & MARSHMALLOW PIE

Drain one 1 lb. 13 oz. can (3½ c.) sliced peaches, reserving 1¼ c. syrup. Reserve 6 peach slices; cut up remainder.

Combine ¼ c. sugar, 1 envelope unflavored gelatin, and ¼ tsp. salt. Blend in reserved syrup; add 1 c. miniature marshmallows. Cook and stir till marshmallows melt.

Blend some of hot mixture into 1 beaten egg; return to hot mixture. Cook and stir 2-3 minutes.

Add 1 tsp. shredded lemon peel and 4 tsps. lemon juice, and cut up peaches. Cover; cool till mixture begins to set.

Fold in ½ c. whipipng cream, whipped; spoon into baked 9 inch pastry shell (or graham cracker crust). Chill 3-4 hours. Top with whipped cream and reserved peaches.

Mary Martin

SCHWARZWALDER KIRSCH TORTE

Beat 5 egg whites until they are stuff. Mix together ½ cup sugar and 3 tablespoons flour and gradually add the mixture to the egg whites, folding and lifting gently. Fold in ¾ to 1 cup finely grated toasted almonds or hazlenuts. Oil and flour 2 baking sheets and with a finger trace 4 circles around an 8 inch pot lid or pan set on the sheet as a guide. Spread the circles thinly and evenly with the prepared meringue and bake them in a hot oven (425) for 5 to 10 minutes or until they are brown. The meringue will be very soft. Remove the meringue circles with a spatula or a large sharp knife to cake racks to cool.

Make an icing as follows: In a small heavy sauce pan combine 5½ ounces dark sweet or bittersweet chocolate broken into pieces with 4 or 5 tablespoons water and ½ teaspoon powdered instant coffee. Heat the mixture over low heat stirring constantly until the chocolate is melted and smooth. Spread the meringues thinly with the icing and let it set for several hours.

Make a filling as follows: Whip 1½ cups heavy cream with 5 tablespoons confectioners sugar and 2 tablespoons kirsch or cognac until it is stiff. Assemble the circles with layers of the flavored whipped cream, covering the tops and sides evenly. Sprinkle tarte heavily with shreaded sweet chocolate or chocolate curls made with a vegetable peeler.

Nanette Smith

MISCELLANEOUS

"Peter Piper picked a peck of pickled peppers."

RHUBARB & PINEAPPLE JAM

7 lbs. rhubarb
5 lbs. sugar
2 medium sized pineapples

Chop rhubarb and pineapple into small pieces. Add half the sugar and cook 15 min. Then add remaining sugar and simmer, stirring often, until rich and thick. Pour into sterilized jars and seal.

Ruth Pearson

GREEN TOMATO MINCE MEAT

1 pt. chopped green tomatoes
1½ pts. chopped tart apple
2 tsp. cinnamon
1 tsp. each salt, allspice, cloves
3 cups sugar
1 lb. rainsins
¼ cup vinegar

Mix all together, bring to rapid boil and simmer until thick. Pour into sterilized jars and seal.

Mrs. Koenig — California

HAWAIIAN COOLER

1 oz. papaya juice
1 oz. pineapple juice
1 oz. mango juice
½ jigger yellow chartreuse
2 jiggers okolehau or bourbon
1 tbs. cane sugar

Put in tall glasses and fill up with soda. Sprinkle shreded coconut on top. Take end of lemon peel and turn inside out. Shred bottom part to look like hula skirt. Float this on top. Serve with straws (iced). Also put one finger fresh pineapple (cut longwise) in each tall glass topped with sprig of mint.

Marie M. Willimont

BAR — TALK!

1 cup Whisky — Scotch or Bourbon
½ cup rum
1 cup pineapple juice (concentrate)
1 cup grapefruit juice (concentrate)
¼ cup calamansi juice
12 tbs. refined sugar
5 bottles soda

Pre-cool ingredients. Pour over fine cracked ice, garnish with orange slices.

For holiday sparkle, float alumninum cut-outs with lighted birthday candles. Serves 20.

Sally Nordstrom

GINGER BEER

8 oz. root ginger
2 lemons
2 lbs. sugar
½ oz. cream of tartar
½ oz. tartaric acid
3 tsp. dried yeast

Boil the washed sliced ginger and the finely pared rind of the lemons for 30 min. in 2 qts. water. Pour onto the sugar, cream of tartar and tartaric acid in a large vessel and make up to 2 gal. with water. Add the juice of the lemons and stir until dissolved.

When cool enough, sprinkle the yeast on top. Leave for 24 hours then strain and bottle. Keep in the refrigerator or the bottles may burst.

Elizabeth Mackenzie

RHUBARB JUICE COCKTAIL

1 lb. rhubarb
1 cup water
½ cup sugar
2 tbs. lemon juice
1 cup chilled ginger ale

Cut rhubarb in small pieces; add water and cook about 10 min. or until rhubarb is tender; strain through cheesecloth or a fine sieve. Return to heat, add sugar and bring to a boil, cool. Add lemon juice and chill thoroughly. Just before serving add chilled ginger ale. Makes about 6 servings.

Eleanor Chambers

RUSSIAN TEA

4	lemons	2	tbs. tea
4	oranges	1	gal. boiling water
14	whole cloves	3	cinnamon sticks
3½	cups sugar	14	whole allspice

Tie spice in bags; boil water, then steep tea and spices for 5 min. Slice fruit thin, sprinkle sugar over it and let stand 4 hours. Pour hot tea over fruit and let soak for 5 min. then squeeze fruit and strain. To this concentrate, add when ready to serve — 1 can pineapple juice and 1 bottle ginger ale (large). Heat and serve hot.

Shirley Gouldsmith

T E A

Ingredients:

1 teaspoon tea (black leaves)
1 measuring cup boiling water

Method:

1. Scald tea pot; let stand until thoroughly heated, then empty.
2. Put in the tea leaves; add about one-quater of the boiling water required.
3. Let stand in a hot place to steep for 4 to 5 minutes (never boil).
4. Add remaining boiling water. Pour tea through strainer to strain off the leaves and serve.

Tea maybe strained into individual cups, or into another pot for serving.

Water for tea should be freshly boiled — not reheated to boiling point.

For those who prefer weaken tea a small quantity of the original brew maybe used and made more dilute by adding boiling water.

Doris Lafferty

TAPUY
(Rice Wine)

1 ganta rice (about 2 kilos) either red rice, white rice or both mixed
1½ cake yeast (bubed). You can buy this in the market

Cook rice until only half done. Cool for a few minutes. Then crumble ½ of yeast and stir into the rice which still in the pot. Then spread out mixture in a flat basket container lined with banana leaves. Crumble remaining yeast on top. Cover with dried green banana leaves. After one day, transfer rice mixture into a crock jar. Cover by putting dried banana leaves and a piece of cloth tied around jar. In 5 to 6 days, the rice wine is ready. If you want stronger wine, leave it to age from a week to a month longer. The rice can also be eaten as it is when two days old in the basket. But be careful, this is potent!

Irene Gunn

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EGGNOG (3 GALLONS)

3 doz. eggs
1½ cups sugar
8 cans Nestles cream (6 oz. each)
4½ qt. Birchtree whole powdered milk
6 cups Bourbon
3½ cups rum

Beat yolks and sugar together. Slowly add bourbon, then milk, then rum, then cream which has been lightly whipped with a little of the milk. Beat egg whites very stiff and add. Can be made a couple days before.

Betty Ploesser

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INSTANT SPICED TEA

1¼ cup instant tea
18 oz. jar Tang
1 — 25¢ pkg. sweetened lemonade mix
½ teaspoon cloves
1 teaspoon cinnamon

Mix all these dry ingredients together, and store in jars. To serve, place 2 teaspoons dry mix in each cup and add boiling water.

Doris Hamilton

BREAD AND BUTTER PICKLES

1 gal. sliced cucumbers (medium size)
5 or 6 large onions, sliced
½ cup salt

Press and let stand 4 hours. Pour salt water off and rinse well.

4 cups sugar
3½ cups vinegar
4 cups water
2 tsp. turmeric
2 tbs. mustard seed
½ tbs. celery seed

Pour over cucumbers. Place over low heat and bring to a scald. Do not boil. Bottle. Makes 9 pts.

Roxy B. Jorgensen

EMERGENCY PICKLES

2 cups carrots, cut in strips
1 green pepper, chopped
1 red pepper, chopped
3 onions, chopped
1 cup vinegar
1 cup string beans cut in 1" pieces
½ tsp. paprika
1½ tsp. turmeric

Combine ingredients and cook until mixture is clear and thickened. Seal in clean hot jars. Approximate yield: 2 qt. jars.

Roxy B. Jorgensen

CHUNK PICKLES

Make a brine of 2 cups salt to 1 gal. water. Boil and immediately pour over 75 cucumbers—4 to 5 inches long or 2 gal. smaller ones. Let stand 1 week. Cover good. If weather is warm skim daily. Drain and cut in chunks. For the next 3 mornings make a boiling hot solution of 1 gal. water and 1 tbs. powdered alum and pour over pickles. Make it fresh each time. On the 4th morning, heat to a boiling point:

5 cups sugar
1 tbs. celery seed
6 cups vinegar — dark
1/3 cup pickling spice

Pour over drained pickles. On the 5th morning, drain off this liquid, add 2 cups more sugar. Heat to boiling point and pour over pickles. On the 6th morning drain liquid, add 1 cup sugar, heat to boiling point. Pack the pickles in sterilized pars and pour hot pickle mixture over them until pickles are completely covered. Seal hot.

Cecilia Jenson

RECIPE FOR CLAY

¼ cup cornstarch
½ cup boiling water
½ cup salt

Mix cornstarch and salt dry in saucepan. Pour on the boiling water. Stir on the fire until soft. Take off and work for 15 min. If the material crumbles, add a little boiling water if it sticks, put a little cornstarch on the hands. To preserve, wrap in wax paper or oil cloth.

This recipe makes material about the size of a baseball.

Ruth Pearson

HOME LAUNDRY SOAP
(Uncooked)

5 lbs. melted grease
1 can Rex lye
3 qts. cold water
1 cup Borax
1 cup ammonia

Place water and lye in vessel on stove. When lukewarm, pour in melted fat. (Be sure there is no salt in grease. Salt will go to bottom when melted.) Stir ten min. and add borax and ammonia. Stir until borax is dissolved. Let sit until firm. Then cut in pieces.

BUFFET SUPPER FOR 100
MENU

Smoked Beef Tongue
Roast Loin of Pork with Prunes
Rolled Roast of Veal
Ravioli in Tomato Sauce
Potato and Bacon Salad with Mustard Dressing
Sweet and Sour Red Cabbage
Lettuce and Sour Cream Salad
Cucumber Salad
Pickled Beets
Pan de Sal Rye Bread

Dessert: Assorted Cheeses Garnished with Fresh Grapes
Served with Crackers (salted & unsalted)
Fruit Kabobs
Pineapple Chunks — Fresh Strawberries
Melon Balls — Lychees
Irish Coffee

Ditas Valles

SMOKED BEEF TONGUE

Put into a large kettle, the smoked beef tongues. Add enough boiling water to cover the tongues. Bring to a boil and allow to boil for ten min., then, completely change water. Simmer 3 to 4 hours or until tender. (If necessary, add more boiling water to keep the tongues covered during cooking period.) When tongues are tender, slit skins on underside of tongues and peel off skins. Cut away roots and gristle. (Plunging tongues into cold water after cooking helps to loosen the skins.)

Return tongues to cooking liquid to complete cooling. Drain and chill in refrigerator. Cut chilled tongues into thin slices and arrange on platter. Garnish with celery leaves.

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ROAST LOIN OF PORK WITH PRUNES

Place pork loin in a pot covered with water. Boil for 30 min. Change water with fresh and simmer for 4 hours, or until tender. Place pork in a roasting pan, pour over the prunes and roast for about an hour. Remove pork loin from oven; cool completely. Slice and arrange on a serving platter. Garnish with the prunes. Put 15 cups of prunes in a big saucepan of boiling water. Cover and simmer about 25 min. or until prunes are partially tender. Drain prunes and cut in halves. Remove pits.

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ROLLED ROAST OF VEAL

Sprinkle rolls with salt, pepper and Perrin's sauce. Roast in oven for about an hour to an hour and a half. Be sure it is tender. Slice and serve with gravy and mushrooms.

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RAVIOLI IN TOMATO SAUCE

Place ravioli in boiling salted water. When they float, remove with a spoon. Place on chafing dish and pour tomato sauce on them, topping with grated cheese.

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POTATO AND BACON SALAD WITH MUSTARD DRESSING

Dice potatoes. Fry bacon and pound very thinly. (Like it is served in curry for condiment). Mix with sliced onions. Add olive oil, vinegar, salt and pepper and mustard.

SWEET AND SOUR RED CABBAGE

20 kilos red cabbage
5 cups firmly packed brown sugar
11 tbs. Caraway Seed
3 cups vinegar
4 lbs. butter

Rinse cabbage, cut in quarters, and then coarsely shred. Boil salted water, add shredded cabbage, brown sugar and Caraway seed. Cook until cabbage is just tender. Remove from heat and drain. Add vinegar and butter. Toss together lightly to mix.

LETTUCE AND SOUR CREAM SALAD

20 head of lettuce
½ cup sugar
1 cup vinegar
12 cups thick sour cream
1 cup grated onion
½ cup prepared horse raddish
4 tbs. salt

Wash lettuce and rinse well with cold water. Chill in refrigerator. Blend together the rest of the ingredients, and chill thoroughly in refrigerator. When ready to serve, tear lettuce into bite-size pieces and put into bowl. Spoon the sour cream mixture over lettuce and toss lightly to coat thoroughly. Sprinkle around outer edge of salad with finely chopped parsley. Sprinkle center of salad with paprika.

CUCUMBER SALAD

Rinse and pare 10 large cucumbers. Cut in very thin slices and put in a shallow bowl. Mix well: 4 cups cider vinegar, ½ cup sugar, ½ cup water, salt and pepper. Pour over the cucumber slices and toss lightly to coat evenly. Cover and put in refrigerator for several hours to allow flavors to blend. Garnish with finely chopped parsley.

PICKLED BEETS

Leaving on 1 in. to 2 in. stem and the root end, cut off the leaves from 8 kilos beets. Scrub beets thoroughly. Cook in water to cover, until tender. Drain and reserve liquid. Cut beets into ¼ in. slices. Thinly slice onion and separate into rings. Put a layer of beets into a shallow bowl. Cover with some of the onion rings. Repeat layers of beets and onions, ending with the beets.

Pour over mixture: 6 cups cider vinegar, 6 cups beet juice, 10 whole cloves. Cover and chill thoroughly in refrigerator overnight to blend flavors.

MANGO CHUTNEY

2 lbs. peeled mangoes, cut in small pieces
2 pints vinegar
1½ lb. brown sugar
½ lb. blanched almonds
6 oz. green ginger or root ginger, broken and placed in cheese cloth bag
1 lb. currants
1 tblsp. mustard seeds
1 cup chopped onions
1 cup chopped sweet peppers
2 oz. hot peppers
2 tblsp. salt

Add sugar to vinegar and bring to a boil. Add spices, chopped vegetables, mangoes, nuts, currants and salt.

Bring all to a boil and cook 30 minutes. Pack while boiling into hot, sterilized jars, and seal. Note: Unripe mangoes are best for chutney, just turning ripe.

Helene Miller

OKRA PICKLES

2 pounds tender fresh okra
5 pods hot red or green peppers
5 garlic cloves, peeled
4 cups white vinegar
½ cup water
6 tablespoons salt
1 tablespoon celery seed or mustard seed (optional)

Wash okra and pack into hot sterilized jars. Put 1 pepper pod and 1 clove of garlic in each jar. Bring remaining ingredients to boil. Pour over okra and seal. Let stand for eight weeks before using. Makes five pints.

Note: If pepper pods are not available, use ¼ teaspoon crushed dried hot red pepper for each jar.

Betty Tate

ABBREVIATIONS, EQUIVALENTS AND DEFINITIONS

The equivalents and abbreviations that are used throughout this book are as follows:

	Metric		*Avoirdupois*
Weight:	30 grams	equals	1 ounce (2 tablespoons)
	100 grams	equals	3½ ounces (7 tablespoons)
	250 grams	equals	8 ounces or ½ pound (1 cup)
	500 grams	equals	16 ounces or 1 pound (2 cups)
	1 kilogram	equals	2.2 pounds
Volume:	1 liter	equals	1.05 liquid quarts
			1 gill equals ½ cup
			2 cups equal 1 liquid pint

tsp. — teaspoon
tbs. — tablespoon
oz. — ounce
pkge. — package

lb. — pound
pt. — pint
qt. — quart
gal. — gallon

CONTENT OF CANS

Size	*Average content*
8 oz.	1 cup
No. 300	1¾ cups
No. 1 Tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups

ENGLISH MEASURES

1 dessertspoonful equals 2 teaspoonfuls
1 tablespoonful equals 4 teaspoonfuls
1 teacup of medium size equals 4 oz.
1 pint equals 20 oz.

DEFINITIONS

Achuete:	Annato seds; red food coloring
Bijon:	Rice noodles
Patis:	Salty fish sauce
Kinchay:	Chinese celery
Polvoron molder:	Half ball mold
Sake:	Japanese wine
Sitsaron:	Pork cracklings
Tamarind:	Tropical fruit
Tinapa:	Smoked dried fish
Tokwa:	Soy bean cake
Vet-sin, vechin, etc:	Monosodium glutamate

HERB CHART

"Take a tip from really good cooks, for they use herbs".

MINT — For iced drinks, in pea soup, in salads, meat sauces, and even on fried potatoes.

THYME — In soups, sauces, cheese, meats, rabbit stuffing, salad dressing, chicken and tomatoes.

SAGE — In beans, stews, duck or geese, and sparingly in chicken and turkey stuffing. Meat loaf and hamburger patties.

MARJORAM (Oregano) — In all Latin-flavored dishes and with lamb and mushrooms. Pizza pie calls for it, too.

BASIL — For soups, salads, sauces, fruits and fruit drinks, and meats.

ROSEMARY — For poultry, meat sauces, greens and stuffings.

ANISE SEED — On cookies, breads, and cheese.

BAYLEAF — For meat, poultry, soup, relish and stuffings, gravies, especially beef.

CARAWAY SEEDS — On and in cookies, breads, rolls, cream cheese, and roast pork.

CHIVES — With potatoes, potato salads, omelettes, cheese and sauces.

CURRY — In chicken or lamb dishes.

PARSLEY — Soups, sauces, stews, meats and fish.

SAVORY — Stuffing, peas, pork, green beans and rice.

TARRAGON — In salads, soups, fish and fish sauces, dressings, stews.

High Altitude Baking

Baking at high altitudes may make it necessary to change the proportions of certain ingredients. The chart below will be helpful as a general guide. When two quantities are given, try the lower figure first. If not completely successful, try the higher figure the next time you bake.

Baking Powder: (Decrease for each teaspoon). For 3,000 feet—⅛ tsp.; for 5,000 feet—⅛ to ¼ tsp.; for 7,000 feet—¼ to ½ tsp.
Sugar: (Decrease for each cup). For 3,000 feet—no change; for 5,000 feet—usually no change; for 7,000 feet—1 to 2 tbs.

Liquid: (Add for each cup). For 3,000 feet—1 to 2 tbs.; for 5,000 feet—2 to 2 tbs.; for 7,000 feet—3 to 4 tbs.

Oven temperatures:

Very slow	250° to 275°F
Slow	300° to 325°F
Moderate	350° to 375°F
Hot	400° to 425°F
Very hot	450° to 475°F
Extremely hot	500° to 525°F

TREASURE POTS

"It requires 10 pounds of common sense
to apply 1 pound of learning."

1. A measuring cup costs but little and should be owned by every cook.

2. Toasting bread on your waffle iron is a nice change.

3. To bake pastry shells so they will hold their form, do not grease the pan.

4. Place waxed paper over the butter knife to cut butter squares for serving.

5. When poaching eggs, a teaspoon of vinegar or 1 teaspoon of salt in water in which the eggs are poached keeps the whites from spreading and keeps them whole.

6. Salt added to water when eggs are boiled will keep eggs from running out of shell when they crack.

7. Baked potatoes will be much more mealy and soft if they are rubbed with butter before they are put into the oven.

8. If food is spilled on the stove causing a bad odor or smoke, sprinkle a little salt on it to kill the odor.

9. To use dry bread, place it in a colander over hot water and steam.

10. Do everything in its proper time. Keep everything in its proper use. Put everything in its proper place.

11. To clean a knife that has been used for cutting onions, hold it under the cold water tap for a few seconds. It is a mistake to use hot water to remove the smell of onions from knife.

12. Brush molds for Bavarian creams or any gelatin cream puddings or salads with salad oil to prevent sticking. Use small pastry brush.

13. Cut square biscuits quickly by using the ice cube divider from a refrigerator tray.

14. If pancake batter has to stand a long time, add a little extra baking powder.

15. To get the greatest volume when whipping cream, chill cream bowl, and beater together.

16. When roasting duck, place a whole onion, a quartered apple and a few celery stalks with leaves, inside. Discard stuffing after roasting.

17. Potato peeling and vinegar boiled in a teakettle will remove lime deposits.

18. A handful of salt added to the rinsing water in winter will keep clothes from freezing to the line.

19. When making flour thickening, add either salt or sugar before mixing with water to avoid lumps.

20. Egg white is useful in removing gum from clothing or hair.

21. Salt sprinkled over green vegetables, such as lettuce, spinach, water cress, etc., will loosen the tiny microbes hidden in the leaves.

22. To preserve bouquets: Put saltpeter in the water you use for flowers. Flowers will then keep for 2 weeks.

23. Tea towels starched slightly will leave no lint on dishes.

24. Roll sausages in flour before frying. It will prevent breaking and improve the flavor.

25. In custard pie calling for several eggs, one or more may be omitted if one-half tablespoon of cornstarch is added for each egg omitted.

26. To boil milk without burning, put a little water in pan and bring to a boil before putting in milk.

27. To warm over biscuits, muffins or rolls, sprinkle lightly with water and place pan containing them in a pan of hot water and put in oven for a few minutes.

28. A pinch of baking soda added to any boiled syrup will keep it from crystallizing.

29. A teaspoon of vinegar beaten into boiled frosting when flavoring is added will keep it from being brittle.

30. A few whole cloves added to vegetable soup will give it a delicious flavor.

31. To beat eggs quickly, add a pinch of salt.

32. When cream will not whip, add the white of an egg. Let cream and egg be chilled thoroughly then try again and it will whip easily.

33. To prevent soggy fruit pies, brush the sides and bottom crust with beaten egg white, sprinkle lightly with flour, and then add the filling.

34. Before puttying windows, mix the putty with paint the color of the frames. You won't have to touch up the putty later.

35. Hot salt water poured into sink and drains helps to keep them clean and odorless.

36. A thin coating of beeswax on the pulley stiles eliminate sticky windows.

37. Keep windows free from ice in winter by rubbing the panes with a sponge dipped in alcohol.

38. Use the finger of an old glove over the end of a curtain rod, when slipping the curtains on, so they will not tear.

39. To keep macaroni, rice, escalloped dishes, etc. from boiling over, grease or butter top of pan.

40. For sparkling clear coffee, add cleaned, crushed eggshell to pot after percolating, and stand a few minutes before serving.

Spots And Stain Removal Chart

Here's the way to get those stains when they first appear:

BLOOD — Fresh blocd stains are set by hot water. To remove from washable material soak in cold water for 30 mins. Then launder. If traces still remain use chlorine bleach. On old stains use Iodide of Potassium dissolved in four times its own weight of water. On non-washable materials sponge with cold water or a mild solution of soap.

INK — On washable materials, the article may be dipped in melted tallow and when stain has been absorbed the tallow may be removed in boiling soap suds.

INK — When ink is spilled on rug, put salt on in thick layer immediately. This will absorb ink. Then brush it up and use a stain remover.

LIPSTICK — On washable material, launder in hot soapy water and remove any stain remaining with a chlorine bleach. On non-washable materials, apply carbon tetrachloride with a saturated cloth and press a blotter on the stain. Repeat this process until the stain disappears.

MERCUROCHROME — Launder washable materials in hot soapy water and remove any remaining stain with a chlorine bleach. Mercurochrome is very difficult to remove from non-washable materials. Take it to your cleaner and tell him the nature of the stain.

GRASS — Rub spot on washable materials with heavy soap-suds and remove any remaining stain with chlorine or hydrogen peroxide bleach. Sponge grass stain on non-washable material with wood alcohol.

CHEWING GUM — On all fabrics, moisten cloth with carbon tetrachloride and scrape off with a dull knife.

GLUE — Wipe the spot with white vinegar.

FRUIT — Stretch washable material over a bowl and pour boiling water through the stain. Use chlorine bleach if necessary. On non-washable materials use an equal mixture of ammonia and alcohol to loosen, then brush with alcohol until stain is removed.

CHOCOLATE — Rinse and let soak in cold water.

SCORCH — Soap and water. Bleach in sun.

BALL POINT INK — Use denatured alcohol to remove ink from clothing. Test synthetic fabrics first for damage from alcohol.